

SVQ3 in Professional Cookery at SCQF Level 6

Candidate Logbook

SVQ

May 2013

Issue 2

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Authorised by Martin Stretton
Prepared by Paul Webster

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Section 1: SVQ3 in Professional Cookery at SCQF Level 6

Introduction

This document contains information specific to the SVQ3 in Professional Cookery at SCQF Level 6.

National Occupational Standards and SVQs

The standards, Assessment Strategy and qualification structures for hospitality are owned by People 1st Sector Skills Council, who reviewed these National Occupational Standards. The SVQs have been developed from the National Occupational Standards.

The SVQ3 in Professional Cookery at SCQF Level 6 gives recognition of candidates' skills, knowledge and understanding. It allows candidates to gain a qualification in the workplace that relates to their job and promotes good working practice.

You can contact the Sector Skills Council (SSC) at:

People 1st
2nd Floor, Armstrong House

38 Market Square

Uxbridge

UB8 1LH

Telephone: 01895 817000

Website: www.people1st.co.uk

SVQs are designed to be assessed in the workplace, or in conditions resembling the workplace. However, simulation of real working practice might be permitted. Where this is allowed it will be shown in the individual units, within the standards that are in this logbook.

Simulation must be carried out in conditions resembling the workplace. These conditions are described as being a 'realistic working environment' (RWE).

Which SVQs in Professional Cookery are available?

The SVQs in Professional Cookery are available as follows:

- SVQ2 in Professional Cookery at SCQF Level 5
- SVQ2 in Professional Cookery [Preparation and Cookery] at SCQF Level 5
- SVQ3 in Professional Cookery at SCQF Level 6
- SVQ3 in Professional Cookery [Patisserie and Confectionery] at SCQF Level 6
- SVQ3 in Professional Cookery [Preparation and Cooking] at SCQF Level 6

It is important that you select the most appropriate level related to your work role.

Who are these SVQs for?

The SVQ2 in Professional Cookery

This course is suitable for trainee chefs or cooks involved with the preparation and/or cooking of food for customers, as part of a team. You may be doing this course at college, or in workplaces such as cafes, restaurants, hotels, workplace canteens, or residential homes.

The SVQ3 in Professional Cookery

This course is suitable for chefs who have already completed level 2, and/or are experienced in producing basic dishes and are moving on to the production of complex skills and dishes. You may be doing this course at college, or in workplaces such as fine dining restaurants, or good quality hotels.

What is the structure of the SVQ3 in Professional Cookery at SCQF Level 6?

To achieve the whole qualification at Level 6, you must prove competence in **three mandatory units** and **thirteen optional units**.

Mandatory units for the SVQ3 in Professional Cookery at SCQF Level 6

You must achieve **all** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
1	HSL2	Develop productive working relationships with colleagues	9	5
2	HSL4	Maintain the health, hygiene, safety and security of the working environment	4	5
3	2GEN3/09	Maintain food safety when storing, preparing and cooking food	4	6

Optional units for the SVQ3 in Professional Cookery at SCQF Level 6

You must achieve **thirteen** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
4	3FP1/10	Prepare fish for complex dishes	3	6
5	3FP2/10	Prepare shellfish for complex dishes	4	6
6	3FP3/10	Prepare meat for complex dishes	4	6
7	3FP4/10	Prepare poultry for complex dishes	3	6
8	3FP5/10	Prepare game for complex dishes	4	6
9	3FC1/10	Cook and finish complex fish dishes	4	6
10	3FC2/10	Cook and finish complex shellfish dishes	4	6
11	3FC3/10	Cook and finish complex meat dishes	4	6
12	3FC4/10	Cook and finish complex poultry dishes	4	6
13	3FC5/10	Cook and finish complex game dishes	4	6
14	3FC6/10	Cook and finish complex vegetable dishes	4	6
15	3FPC1/10	Prepare, cook and finish complex hot sauces	4	6
16	3FPC2/10	Prepare, cook and finish complex soups	4	6
17	3FPC3/10	Prepare, cook and finish fresh pasta dishes	4	6
18	3FPC4/10	Prepare, cook and finish complex bread and dough products	4	6
19	3FPC5/10	Prepare, cook and finish complex cakes, sponges, biscuits and scones	5	6
20	3FPC6/10	Prepare, cook and finish complex pastry products	3	6
21	3FPC7/10	Prepare, process and finish complex chocolate products	5	6
22	3FPC8/10	Prepare, process and finish marzipan, pastillage and sugar products	5	6
23	3FPC9/10	Prepare, cook and present complex cold products	5	6
24	3FPC10/10	Prepare, finish and present canapés and cocktail products	4	5

Unit number	Unit code	Title	Unit credit	SCQF level
25	3FPC11/10	Prepare, cook and finish dressings and cold sauces	3	6
26	3FPC12/10	Prepare, cook and finish complex hot desserts	3	6
27	3FPC13/10	Prepare, cook and finish complex cold desserts	3	6
28	3FPC14/10	Produce sauces, fillings and coatings for complex desserts	4	6
29	HSL30	Ensure food safety practices are followed in the preparation and serving of food and drink.	5	5
30	HSL3	Contribute to the control of resources	6	7
31	HSL9	Contribute to the development of recipes and menus	3	6
32	2PR17	Produce healthier dishes	3	5

What is the structure of the SVQ3 in Professional Cookery [Preparation and Cooking] at SCQF Level 6?

To achieve the whole qualification at Level 6, you must prove competence in three **mandatory units** and thirteen **optional units**.

This comprises of:

- all of the mandatory units
- all of the units in Group A
- four of the units in Group B.

Mandatory units for the SVQ3 in Professional Cookery [Preparation and Cooking] at SCQF Level 6

You must achieve **all** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
1	HSL2	Develop productive working relationships with colleagues	9	5
2	HSL4	Maintain the health, hygiene, safety and security of the working environment	4	5
3	2GEN3/09	Maintain food safety when storing, preparing and cooking food	4	6

Optional units for the SVQ3 in Professional Cookery [Preparation and Cooking] at SCQF Level 6

Group A. You must achieve **all nine** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
4	3FP1/10	Prepare fish for complex dishes	3	6
6	3FP3/10	Prepare meat for complex dishes	4	6
7	3FP4/10	Prepare poultry for complex dishes	3	6
9	3FC1/10	Cook and finish complex fish dishes	4	6
11	3FC3/10	Cook and finish complex meat dishes	4	6
12	3FC4/10	Cook and finish complex poultry dishes	4	6
14	3FC6/10	Cook and finish complex vegetable dishes	4	6
15	3FPC1/10	Prepare, cook and finish complex hot sauces	4	6
25	3FPC11/10	Prepare, cook and finish dressings and cold sauces	3	6

Group B. You must achieve **four** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
5	3FP2/10	Prepare shellfish for complex dishes	4	6
8	3FP5/10	Prepare game for complex dishes	4	6
10	3FC2/10	Cook and finish complex shellfish dishes	4	6
13	3FC5/10	Cook and finish complex game dishes	4	6
16	3FPC2/10	Prepare, cook and finish complex soups	4	6
17	3FPC3/10	Prepare, cook and finish fresh pasta dishes	4	6
18	3FPC4/10	Prepare, cook and finish complex bread and dough products	4	6
19	3FPC5/10	Prepare, cook and finish complex cakes, sponges, biscuits and scones	5	6
20	3FPC6/10	Prepare, cook and finish complex pastry products	3	6
21	3FPC7/10	Prepare, process and finish complex chocolate products	5	6
22	3FPC8/10	Prepare, process and finish marzipan, pastillage and sugar products	5	6
23	3FPC9/10	Prepare, cook and present complex cold products	5	6

Unit number	Unit code	Title	Unit credit	SCQF level
24	3FPC10/10	Prepare, finish and present canapés and cocktail products	4	5
26	3FPC12/10	Prepare, cook and finish complex hot desserts	3	6
27	3FPC13/10	Prepare, cook and finish complex cold desserts	3	6
28	3FPC14/10	Produce sauces, fillings and coatings for complex desserts	4	6
29	HSL30	Ensure food safety practices are followed in the preparation and serving of food and drink	5	5
30	HSL3	Contribute to the control of resources	6	7
31	HSL9	Contribute to the development of recipes and menus	3	6
32	2PR17	Produce healthier dishes	3	5

What is the structure of the SVQ3 in Professional Cookery [Patisserie and Confectionery] at SCQF Level 6?

To achieve the whole qualification at Level 6, you must prove competence in three **mandatory units** and nine **optional units**.

Mandatory units for the SVQ3 in Professional Cookery [Patisserie and Confectionery] at SCQF Level 6

You must achieve **all** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
1	HSL2	Develop productive working relationships with colleagues	9	5
2	HSL4	Maintain the health, hygiene, safety and security of the working environment	4	5
3	2GEN3/09	Maintain food safety when storing, preparing and cooking food	4	6

Optional units for the SVQ3 in Professional Cookery [Patisserie and Confectionery] at SCQF Level 6

You must achieve **nine** of the units listed below:

Unit number	Unit code	Title	Unit credit	SCQF level
18	3FPC4/10	Prepare, cook and finish complex bread and dough products	4	6
19	3FPC5/10	Prepare, cook and finish complex cakes, sponges, biscuits and scones	5	6
20	3FPC6/10	Prepare, cook and finish complex pastry products	3	6
21	3FPC7/10	Prepare, process and finish complex chocolate products	5	6
22	3FPC8/10	Prepare, process and finish marzipan, pastillage and sugar products	5	6
26	3FPC12/10	Prepare, cook and finish complex hot desserts	3	6
27	3FPC13/10	Prepare, cook and finish complex cold desserts	3	6
28	3FPC14/10	Produce sauces, fillings and coatings for complex desserts	4	6
29	HSL30	Ensure food safety practices are followed in the preparation and serving of food and drink.	5	5
30	HSL3	Contribute to the control of resources	6	7
31	HSL9	Contribute to the development of recipes and menus	3	6

Section 2: Examples of forms

Collecting your evidence

This section contains examples of the forms you, your assessor and the internal verifier will use while you are undertaking your SVQ3 in Professional Cookery at SCQF Level 6.

The forms are:

- Form 1: Portfolio title page
- Form 2: Personal profile
- Form 3: Contents checklist
- Form 4: Index of evidence
- Form 5: Unit assessment plan
- Form 6: Unit sign-off record
- Form 7: Work log
- Form 8: Observation record
- Form 9: Witness testimony
- Form 10: Expert witness evidence record
- Form 11: Record of questions and candidate's answers.

You should ask your assessor for further advice and support if you are still unsure about how to use the forms and who should complete them.

Example form 1 – Portfolio title page

Name:	
Job title:	
Name of employer/training provider/college:	
Their address:	
Postcode:	
Telephone number (Home):	(Work):
Email address:	Fax number:
SVQ:	
Level:	
Units submitted for assessment:	
Mentor/Supervisor:	
(Please provide details of mentor's/supervisor's experience):	
Assessor:	Date:

Example form 2 – Personal profile

Name:	
Address:	
Postcode:	
Telephone number (Home):	(Work):
Email address:	Fax number:
Job title:	
Relevant experience	
Description of your current job:	
Previous work experience or attach copy of a current CV:	
Qualifications and training and/or attach copy of a current CV:	

continued overleaf...

Voluntary work/interests:

Name of employer/training provider/college:

Address:

Postcode:

Telephone number (work):

Fax number:

Email address:

Type of business, if employer:

Number of staff:

Structure of organisation (including chart or diagram if available):

Example form 3 – Contents checklist

SVQ title:		
Candidate:		
	Completed?	Page/section number
Title page for the portfolio		
Personal profile <ul style="list-style-type: none"> • your own personal details • a brief CV or career profile • description of your job • information about your employer/training provider/college 		
Summary of the units		
Completed units <ul style="list-style-type: none"> • signed by yourself, your assessor and the internal verifier (where relevant) • reference numbers included • unit assessment plans 		
Unit progress records		
Index of evidence (with cross-referencing information completed)		
Evidence (with reference numbers) <ul style="list-style-type: none"> • observation records • details of witnesses (witness testimony sheets) • personal statements 		

Example form 5 – Unit assessment plan

SVQ title:				
Unit:				
Candidate:			Assessor:	
Normal working activities performed				
	Typical evidence	Work area	Expected completion date	Links to other units/elements
Element:				
Element:				
Element:				
Activities needing to be performed				
Element:				
Element:				
Element:				
Additional comments				
Assessor's signature:			Date:	
Candidate's signature:			Date:	

Example form 7 – Work log

SVQ title and level:				
Unit/element(s):				
Candidate:				
Purpose of statement:				
Evidence index number:				
Date	Evidence index number	Details of statement	Links to other evidence <i>(enter numbers)</i>	Units, elements and PCs covered
Candidate's signature:			Date:	
Assessor's signature:			Date:	

Example form 8 – Observation record

SVQ title and level:	
Unit/element(s):	
Candidate:	Date of observation:
Evidence index number:	
Skills/activities observed:	PCs and range covered:
Knowledge and understanding apparent from this observation:	
Other units/elements to which this evidence may contribute:	
Assessor comments and feedback to candidate:	
I can confirm the candidate's performance was satisfactory.	
Assessor's signature:	Date:
Candidate's signature:	Date:

Example form 9 – Witness testimony

SVQ title and level:	
Candidate name:	
Evidence index number:	
Where applicable, evidence number to which this testimony relates:	
Unit:	
Element(s):	
Range:	
Date of evidence:	
Witness name:	
Relationship to candidate:	
Details of testimony:	
I can confirm the candidate's evidence is authentic and accurate.	
Witness signature:	
Name:	Date:
Contact telephone number:	
<i>Please tick (✓) the appropriate box.</i>	
<input type="checkbox"/>	Qualified as an assessor for workplace performance
<input type="checkbox"/>	Familiar with the SVQ standards to which the candidate is working

Example form 10 – Expert witness evidence record

SVQ title and level:	
Candidate name:	
Evidence index number:	
Where applicable, evidence number to which this testimony relates:	
Unit:	
Element(s):	
Date of evidence:	
Expert witness name:	
Relationship to candidate:	
Details of testimony:	
I can confirm the candidate's evidence is authentic and accurate.	
Expert witness signature:	
Name:	Date:
Contact telephone number:	

<i>Please tick (✓) the appropriate box.</i>	
<input type="checkbox"/>	Qualified as an assessor for workplace performance
<input type="checkbox"/>	Relevant professional work role that involves evaluating everyday staff practice
<input type="checkbox"/>	Current expertise
<input type="checkbox"/>	Familiar with the SVQ standards to which the candidate is working

Example form 11 – Record of questions and candidate’s answers

SVQ title and level:	
Candidate name:	
Unit:	Element(s):
Evidence index number:	
Circumstances of assessment:	
List of questions and candidate’s responses:	
Q:	
A:	
Q:	
A:	
Assessor’s signature:	Date:
Candidate’s signature:	Date:

Section 3: Logbook

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Mandatory units	37
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Unit 31:	Contribute to the development of recipes and menus	465
Unit 32:	Produce healthier dishes	477

Mandatory units

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>General knowledge and understanding</p> <p>K1. The benefits of developing productive working relationships with colleagues</p> <p>K2. The importance of creating an environment of trust and mutual respect where you have no authority, or shared authority, over those you are working with</p> <p>K3. The importance of understanding difficult situations and issues from your colleague's perspective and providing support, where necessary, to move things forward</p> <p>K4. Principles of effective communication and how to apply them in order to communicate effectively with colleagues</p> <p>K5. How to identify disagreements with colleagues and the techniques for sorting them out</p> <p>K6. How to identify conflicts of interest with colleagues and the measures that can be used to manage or remove them</p> <p>K7. How to take account of diversity and inclusion issues when developing working relationships with colleagues</p> <p>K8. The importance of exchanging information and resources with colleagues</p> <p>K9. How to get and make use of feedback on your performance from colleagues</p> <p>K10. How to provide colleagues with useful feedback on their performance</p> <p>Industry/sector specific knowledge and understanding</p> <p>K11. Regulations and codes of practice that apply in the industry or sector</p> <p>K12. Standards of behaviour and performance in the industry or sector</p> <p>K13. Working culture of the industry or sector</p>		

Knowledge	Type of evidence	Date
<p>Context specific knowledge and understanding</p> <p>K14. Current and future work being carried out</p> <p>K15. Colleagues who are relevant to the work being carried out, their work roles and responsibilities</p> <p>K16. Processes within the organisation for making decisions</p> <p>K17. Line management responsibilities and relationships within the organisation</p> <p>K18. The organisation's values and culture</p> <p>K19. Power, influence and politics within the organisation</p> <p>K20. Standards of behaviour and performance expected in the organisation</p> <p>K21. Information and resources that different colleagues might need</p> <p>K22. Agreements with colleagues</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

I confirm that the candidate's sampled work meets the standards specified for this Unit and may be presented for external verification.

Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Behaviours which underpin Effective Performance

- a) You present information clearly, concisely, accurately and in ways that promote understanding.
- b) You seek to understand people's needs and motivations.
- c) You make time available to support others.
- d) You clearly agree what is expected of others and hold them to account.
- e) You work to develop an atmosphere of professionalism and mutual support.
- f) You model behaviour that shows respect, helpfulness and co-operation.
- g) You keep promises and honour commitments.
- h) You consider the impact of your own actions on others.
- i) You say no to unreasonable requests.
- j) You show respect for the views and actions of others.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Establish working relationships with all colleagues who are relevant to the work being carried out									
2. Recognise, agree and respect the roles and responsibilities of colleagues and, particularly in situations of matrix management, their managers' requirements									
3. Understand and take account of their priorities, expectations, and authority of colleagues in decisions and actions									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
4. Create an environment of trust and mutual respect where you have no authority, or shared authority, over those you are working with									
5. Understand difficult situations and issues from your colleague's perspective and provide support, where necessary, to move things forward									
6. Fulfil agreements made with colleagues and let them know									
7. Advise colleagues promptly of any difficulties or where it will be impossible to fulfil agreements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
8. Identify and sort out conflicts of interest and disagreements with colleagues in ways that minimise damage to the work being carried out									
9. Exchange information and resources with colleagues to make sure that all parties can work effectively									
10. Provide feedback to colleagues on their performance and seek feedback from colleagues on your own performance in order to identify areas for improvement									

Behaviours	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
a) You present information clearly, concisely, accurately and in ways that promote understanding.									
b) You seek to understand people's needs and motivations.									
c) You make time available to support others.									
d) You clearly agree what is expected of others and hold them to account.									
e) You work to develop an atmosphere of professionalism and mutual support.									
f) You model behaviour that shows respect, helpfulness and co-operation.									

Behaviours	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
g) You keep promises and honour commitments.									
h) You consider the impact of your own actions on others.									
i) You say no to unreasonable requests.									
j) You show respect for the views and actions of others.									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

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Unit 2: Maintain the health, hygiene, safety and security of the working environment

Unit code: HSL4

Unit credit: 4

SCQF Unit level: 5

Introduction

This unit is about maintaining health, safety, security and hygiene standards relevant to your area of responsibility. The maintenance of these standards is essential in protecting staff and customers from harm.

This unit is a sector specific unit. This unit is linked to all other units in the Hospitality Supervision and Leadership suite of standards. Supervisors working directly with food and drink should also refer to unit HSL30 which focuses specifically on food safety, covering the topic at a more in depth level appropriate to their area of work.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. Your responsibilities for health, hygiene, safety, and security</p> <p>K2. The main areas of health, hygiene, safety law and regulations that affect the work for which you are responsible</p> <p>K3. The statutory authorities that enforce these health, hygiene, and safety laws and regulations</p> <p>K4. Your organisation's health, hygiene, safety and security procedures that are relevant to your work</p> <p>K5. The implications of breaking the law on health, hygiene and safety both for you and your organisation</p> <p>K6. The person who is responsible for first aid, health, hygiene, safety and security in your organisation and their responsibilities</p> <p>K7. Your responsibilities for the health, hygiene, safety, and security of permanent and temporary staff and the importance of making sure they are aware of relevant procedures</p> <p>K8. How to communicate with colleagues on issues to do with health, hygiene, safety, and security</p> <p>K9. The types of information about health, hygiene, safety and security that you should record and store</p> <p>K10. The procedures you should follow to record and store information about health, hygiene, safety and security</p> <p>K11. Other people and organisations that need to have access to your information about health, hygiene, safety and security</p> <p>K12. The information on health, hygiene, safety and security you might have to give to external authorities</p>		

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K13. The procedures you should follow to make recommendations about health, hygiene, safety and security and to whom you should make them</p> <p>K14. Your organisation's emergency procedures</p> <p>K15. How to identify report or deal with faults with the equipment you are responsible for</p> <p>K16. The limits of your authority when directly dealing with risks and hazards – what you can do yourself and what you need to report</p> <p>K17. How to develop contingency plans that will reduce the impact of any health, hygiene, safety and security problems that occur</p> <p>K18. How to monitor your area of responsibility to make sure you maintain the health, hygiene, safety and security of employees, customers and other members of the public</p> <p>K19. How frequently you should carry out health, hygiene, safety and security inspections</p> <p>K20. The typical health, hygiene, safety and security hazards that exist, or may exist, in your area of responsibility</p> <p>K21. How to assess the risks associated with these hazards</p> <p>K22. How to eliminate or minimise the risk associated with typical health, hygiene, safety and security hazards</p> <p>K23. What to do in the event of an emergency, including: (i) bomb alert, (ii) fire</p> <p>K24. Evacuation procedures that relate to you and your staff in the area of work</p>		

Additional evidence (if applicable):

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Behaviours which underpin Effective Performance

- a) You respond quickly to crises and problems with a proposed course of action.
- b) You identify people's information needs.
- c) You make appropriate information and knowledge available promptly to those who need it and have a right to it.
- d) You comply with, and ensure others comply with, legal requirements, industry regulations, organisational policies and professional codes.
- e) You are vigilant for possible risks and hazards.
- f) You take personal responsibility for making things happen.
- g) You identify the implications or consequences of a situation.
- h) You act within the limits of your authority.
- i) You constantly seek to improve performance.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Make sure that you have information on health, hygiene, safety and security procedures that apply to your area of responsibility									
2. Make sure colleagues have relevant information on health, hygiene, safety and security issues within your area of responsibility									
3. Make colleagues aware of the importance of following health, hygiene, safety and security procedures									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
4. Check that colleagues follow the health, hygiene, safety and security procedures that apply to your area of responsibility									
5. Monitor your area of responsibility for risks to health, hygiene, safety and security									
6. Deal with risks and accidents promptly, following organisational procedures and legal requirements for safeguarding customers and staff									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
7. Record or report risks and any health, hygiene, safety or security action that you have taken according to your organisational procedures									
8. Pass on information relating to how procedures are working and how they can be improved with regards to identified health, hygiene, safety and security risks									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
a) You respond quickly to crises and problems with a proposed course of action.									
b) You identify people's information needs.									
c) You make appropriate information and knowledge available promptly to those who need it and have a right to it.									
d) You comply with, and ensure others comply with, legal requirements, industry regulations, organisational policies and professional codes.									
e) You are vigilant for possible risks and hazards.									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
f) You take personal responsibility for making things happen.									
g) You identify the implications or consequences of a situation.									
h) You act within the limits of your authority.									
i) You constantly seek to improve performance.									

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Unit 3: **Maintain food safety when storing, preparing and cooking food**

Unit code: 2GEN3/09

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit covers the main competencies needed for preparing and cooking food safely, and focuses on the four main areas of control - cooking, cleaning, chilling and preventing cross-contamination, in addition to supplies being satisfactory. It provides staff with a broad understanding of reviewing hazards and hazard procedures such that they are part of a team maintaining food safety. This unit is appropriate to staff that directly prepare and cook food.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to operate a food safety management system</p> <p>K2. The concept of hazards to food safety in a catering operation and the necessity of controlling these hazards in order to remove or keep risks to a safe level</p> <p>K3. What might happen if these hazards are not controlled</p> <p>K4. The types of hazards that you are likely to come across in a catering operation</p> <p>K5. How you must control these hazards by cooking, chilling (including storage), cleaning and the avoidance of cross-contamination</p> <p>K6. Why monitoring is important and key stages in the process</p> <p>K7. The importance of knowing what to do when things go wrong</p> <p>K8. The role of record-keeping</p> <p>K9. Why some hazards are more important than others in terms of food safety</p> <p>K10. Who you should report to if you believe there are food safety hazards</p>		

Knowledge	Type of evidence	Date
<p>2GEN3/09.1 Keep yourself clean and hygienic</p> <p>K11. Why you must wear clean and hygienic clothes appropriate to your job</p> <p>K12. Why you must tie your hair back and/or wear appropriate hair covering</p> <p>K13. What types of protective clothing is appropriate for different jobs in the storage, preparation and cooking of food</p> <p>K14. The food safety hazards that jewellery and accessories can cause</p> <p>K15. When you should change clothing and why this is important</p> <p>K16. Why you must wash your hands thoroughly after going to the toilet; before going into food preparation and cooking areas; after touching raw food and waste and before handling ready-to-eat food</p> <p>K17. How you wash your hands safely</p> <p>K18. Why it is important not to handle food if you have open wounds (including boils and septic cuts), and what to do if you have an open wound</p> <p>K19. Why it is important to report illnesses and infections promptly and why stomach illnesses are particularly important</p> <p>K20. Why it is important to avoid: touching face, nose or mouth; blowing your nose; chewing gum; eating; smoking - when you are working with food</p>		

Knowledge	Type of evidence	Date
<p>2GEN3/09.2 Keep your working area clean and hygienic</p> <p>K21. Why surfaces and equipment must be clean, hygienic and suitable for the intended use before beginning a new task and how to ensure this</p> <p>K22. Why it is important only to use clean and suitable cloths when cleaning between tasks and how to ensure this is done</p> <p>K23. Why surfaces and equipment that are damaged or have loose parts can be hazardous to food safety</p> <p>K24. The types of damaged surfaces and equipment that can cause food safety hazards and what to do about them</p> <p>K25. Why it is important to clear and dispose of waste promptly and safely and how to do so</p> <p>K26. How damage to walls, floors, ceilings, furniture, food equipment and fittings can cause food safety hazards, and the type of damage you should look for</p> <p>K27. The types of pests that you may find in catering operations and recognising the signs that they may be there</p>		

Knowledge	Type of evidence	Date
<p>2GEN3/09.3 Store food safely</p> <p>K28. Why it is important to make sure food deliveries are undamaged, at the correct temperature and within their 'use-by date' and how to do this</p> <p>K29. Why it is important to prepare food for storage – for example by removing and disposing of outer packaging (while retaining any important labelling information, for example instructions for use, information on allergens)</p> <p>K30. Why food must be put in the correct storage area and the temperatures that different foods should be stored at</p> <p>K31. Why it is important that storage areas are clean and tidy and what to do if they are not</p> <p>K32. Why it is important to store food at the correct temperatures, and how to achieve this</p> <p>K33. What types of food are raw and what types are ready-to-eat</p> <p>K34. Why it is important to separate raw and ready-to-eat food</p> <p>K35. Why stock rotation procedures are important, and why you must dispose of food beyond its 'use-by date'</p>		

Knowledge	Type of evidence	Date
<p>2GEN3/09.4 Prepare, cook and hold food safely</p> <p>K36. Why and when it is necessary to defrost foods before cooking and how to do so safely and thoroughly</p> <p>K37. How to recognise conditions leading to food safety hazards during preparation and cooking and what to do if you find any</p> <p>K38. Why it is important to know that certain foods can cause allergic reactions and the procedures you should follow in your organisation to deal with these foods, including what you should do if a customer asks if a particular dish is free from a certain food allergen</p> <p>K39. How cross-contamination can happen between, for example raw food, food in storage and preparation and food that is ready to eat - and how to avoid this</p> <p>K40. Why you should use thorough cooking and reheating methods</p> <p>K41. Cooking/reheating methods, temperatures and times you must use for the food you work with</p> <p>K42. How to check that the food you work with is thoroughly cooked/safely reheated</p> <p>K43. Why it is important to make sure food is at the correct temperature before and during holding, prior to serving it to the customer, and how to do so</p> <p>K44. The types of cooked foods you may need to chill or freeze because they are not for immediate consumption and how to do so safely</p>		

Additional evidence (if applicable):

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Element 2GEN3/09.1

Keep yourself clean and hygienic

What you must cover

C1 Clothes (at least **four** from)

- a) trousers
- b) tops/jackets
- c) coats
- d) disposable gloves
- e) shoes
- f) headgear
- g) aprons.

C2 Appropriate times to wash your hands (at least **five** from)

- a) after going to the toilet or in contact with faeces
- b) when going into food preparation and cooking areas including after any work breaks
- c) after touching raw food and waste
- d) before handling raw food
- e) after disposing of waste
- f) after cleaning
- g) changing dressings or touching open wounds.

C3 Unsafe behaviour (at least **one** from)

- a) failure to wash hands thoroughly when necessary
- b) touching your face, nose or mouth, blowing your nose
- c) chewing gum
- d) eating
- e) smoking
- f) scratching

.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Wear clean and hygienic clothes, appropriate to the jobs you are doing									
2. Tie hair back and/or wear appropriate hair covering									
3. Only wear jewellery and other accessories that do not cause food safety hazards									
4. Change your clothes when necessary									
5. Wash your hands thoroughly at appropriate times									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Avoid unsafe behaviour that could contaminate the food you are working with									
7. Report any cuts, boils, grazes, illness and infections promptly to the appropriate person									
8. Make sure any cuts, boils, skin infections and grazes are treated and covered with an appropriate dressing									

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Element2GEN3/09.1: Keep yourself clean and hygienic

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Clothes									
a) trousers									
b) tops/jackets									
c) coats									
d) disposable gloves									
e) shoes									
f) headgear									
g) aprons.									
C2 Appropriate times to wash your hands									
a) after going to the toilet or in contact with faeces									
b) when going into food preparation and cooking areas including after any work breaks									

Element2GEN3/09.1: Keep yourself clean and hygienic

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
c) after touching raw food and waste									
d) before handling raw food									
e) after disposing of waste									
f) after cleaning									
g) changing dressings or touching open wounds.									
C3 Unsafe behaviour									
a) failure to wash hands thoroughly when necessary									
b) touching your face, nose or mouth, blowing your nose									
c) chewing gum									
d) eating									
e) smoking									
f) scratching									

Additional evidence (if applicable):

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Element 2GEN3/09.2

Keep your working area clean and hygienic

What you must cover

C4 Surfaces and equipment (at least **two** from)

- a) surfaces and utensils for preparing, cooking and holding food
- b) surfaces and utensils used for displaying and serving food
- c) appropriate cleaning equipment

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
9. Make sure surfaces and equipment are clean and in good condition									
10. Use clean and suitable cloths and equipment for wiping and cleaning between tasks									
11. Remove from use any surfaces and equipment that are damaged or have loose parts, and report them to the person responsible for food safety									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
12. Dispose of waste promptly, hygienically and appropriately									
13. Identify, take appropriate action on and report to the appropriate person, any damage to walls, floors, ceilings, furniture and fittings									
14. Identify, take appropriate action on and report to the appropriate person, any signs of pests									

Additional evidence (if applicable):

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Element 2GEN3/09.2: Keep your working area clean and hygienic

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C4 Surfaces and equipment									
a) surfaces and utensils for preparing, cooking and holding food									
b) surfaces and utensils used for displaying and serving food									
c) appropriate cleaning equipment									

Additional evidence (if applicable):

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Element 2GEN3/09.3

Store food safely

What you must cover

C5 Storage areas (at least **two** from)

- a) Ambient temperature
- b) Refrigerator
- c) Freezer

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
15. Check that food is undamaged, is at the appropriate temperature and within its use by date on delivery									
16. Look at and retain any important labelling information									
17. Prepare food for storage and put it in the correct storage area as quickly as necessary to maintain its safety									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
18. Make sure storage areas are clean, suitable and maintained at the correct temperature for the type of food									
19. Store food so that cross contamination is prevented, eg keep raw and ready-to-eat food separate, keep commonly allergenic foods such as nuts in sealed containers									
20. Follow stock rotation procedures									
21. Safely dispose of food that is beyond its use-by date									
22. Keep necessary records up-to-date									

Additional evidence (if applicable):

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Element2GEN3/09.3: Store food safely

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C5 Storage areas									
a) Ambient temperature									
b) Refrigerator									
c) Freezer									

Additional evidence (if applicable):

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Element 2GEN3/09.4

Prepare, cook and hold food safely

What you must cover

C6 Operations (at least **four** from)

- a) Defrosting food
- b) Preparing food, including washing and peeling
- c) Cooking food
- d) Reheating food
- e) Holding food before serving
- f) Cooling cooked food not for immediate consumption
- g) Freezing cooked food not for immediate consumption

C7 Hazards (at least **one** from)

- a) Bacteria and other organisms
- b) Chemical
- c) Physical
- d) Allergenic

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
23. Check food before and during operations for any hazards, and follow the correct procedures for dealing with these									
24. Follow your organisation's procedures for items that may cause allergic reactions									
25. Prevent cross-contamination, such as between raw foods, foods already cooking/reheating and ready-to-eat foods									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
26. Use methods, times, temperatures and checks to make sure food is safe following operations									
27. Keep necessary records up-to-date									

Additional evidence (if applicable):

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I confirm that the candidate's sampled work meets the standards specified for this Unit and may be presented for external verification.

Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 2GEN3/09.4: Prepare, cook and hold food safely

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C6 Operations									
a) Defrosting food									
b) Preparing food, including washing and peeling									
c) Cooking food									
d) Reheating food									
e) Holding food before serving									
f) Cooling cooked food not for immediate consumption									
g) Freezing cooked food not for immediate consumption									
C7 Hazards									
a) Bacteria and other organisms									
b) Chemical									
c) Physical									
d) Allergenic									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Optional units

Unit 4:

Prepare fish for complex dishes

Unit code: 3FP1/10

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about preparing fresh, unprepared fish for complex dishes.

The preparation methods are:

- gutting
- filleting (removing pin bones, rib bones and spine)
- cutting (darne, goujon, suprême, tronçon, délice, paupiette and plait)
- skinning
- portioning
- marinading
- coating
- topping (for example with herb crust)
- covering (for example en croûte).

The fish covered by the unit are:

- white fish — round (for example, cod, whiting or hake)
- white fish — flat (for example, plaice, sole or turbot)
- oily fish (for example, salmon or mackerel).

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. The approximate yields of prepared fish</p> <p>K2. How to control portions to minimise waste</p> <p>K3. Suitable cuts for each type of fish</p> <p>K4. The main characteristics of each type of fish</p> <p>K5. The nutritional values of each type of fish</p> <p>K6. Preparation methods for different complex fish dishes</p> <p>K7. How to select the correct type, quality and quantity of fish to meet dish requirements</p> <p>K8. What quality points to look for in fresh fish: flat, round, oily</p> <p>K9. What you should do if there are problems with the fish or other ingredients</p> <p>K10. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation methods: gutting, filleting, cutting (darne, goujons, plait, paupiette, suprême and tronçon), cold smoking, trimming, skinning, portioning, marinating, coating, topping and covering</p> <p>K11. How to carry out the following preparation methods correctly: gutting, filleting, cutting (darne, goujons, plait, paupiette, suprême and tronçon), cold smoking, trimming, skinning, portioning, marinating, coating, topping and covering</p> <p>K12. How to store prepared fish</p> <p>K13. Healthy eating options when preparing fish for complex dishes</p>		

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP1/10

Prepare fish for complex dishes

What you must cover

C1 Fish (at least **three** from)

- a) White fish - round
- b) White fish - flat
- c) Oily fish

C2 Prepare by (at least **seven** from the group and must include **four** from cutting)

- a) Gutting
- b) Filleting
- c) Cutting
 - darne
 - goujons
 - plait
 - paupiette
 - supreme
 - tronçon
- d) Trimming
- e) Skinning
- f) Marinading
- g) Coating
- h) Topping (for example with herb crust)
- i) Covering (for example, en croûte)

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of fish needed for the dish									
2. Check the fish to make sure it meets quality standards									
3. Select and use the tools and equipment correctly									
4. Prepare the fish to maintain its quality and meet the requirements of the dish									
5. Safely store any prepared fish not for immediate use									

Additional evidence (if applicable):

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	P = products of the learner's work	WT = authentic statements/witness testimony
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I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP1/10: Prepare fish for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Fish									
a) White fish - round									
b) White fish - flat									
c) Oily fish									
C2 Prepare by									
a) Gutting									
b) Filleting									
c) Cutting									
• darne									
• goujons									
• plait									
• paupiette									
• supreme									
• tronçon									
d) Trimming									
e) Skinning									
f) Marinading									
g) Coating									

Element 3FP1/10: Prepare fish for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
h) Topping (for example with herb crust)									
i) Covering (for example, en crouête)									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 5:

Prepare shellfish for complex dishes

Unit code: 3FP2/10

Unit credit: 4

SCQF Unit level: 6

Introduction

This unit is about preparing fresh shellfish for complex dishes.

The preparation methods are:

- trimming
- shelling
- washing
- marinading
- coating
- blending
- cutting.

The shellfish covered by the unit are:

- oysters
- crabs
- prawns
- shrimps
- langoustines
- lobster/crawfish
- crayfish
- scampi/Dublin Bay prawn
- mussels
- cockles/clams
- scallops.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of shellfish to meet dish requirements</p> <p>K2. What quality points to look for in fresh shellfish: oysters, crabs, prawns/shrimps, langoustines, lobster/crawfish, crayfish, scampi/Dublin Bay prawns, mussels, scallops, cockles/clams</p> <p>K3. How to detect live shellfish</p> <p>K4. What you should do if there are problems with the shellfish</p> <p>K5. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation methods: trimming, shelling, washing, marinating, coating, blending, cutting and storage</p> <p>K6. How to carry out the following preparation methods correctly: trimming, shelling, washing, coating, blending, cutting and storage</p> <p>K7. How to control portions and minimise waste</p> <p>K8. The approximate yields of prepared shellfish</p> <p>K9. The most suitable preparation methods for each type of shellfish</p> <p>K10. How to store prepared shellfish</p> <p>K11. Healthy eating options when preparing shellfish for complex dishes</p>		

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP2/10

Prepare fish for complex dishes

What you must cover

C1 Shellfish (at least **five** from)

- a) Oysters
- b) Crabs
- c) Prawns/Shrimps
- d) Langoustines
- e) Lobsters/Crawfish
- f) Crayfish
- g) Scampi/Dublin Bay prawns
- h) Mussels
- i) Scallops
- j) Cockles/Clams

C2 Prepare by (at least **four** from)

- a) Trimming
- b) Shelling
- c) Washing
- d) Marinading
- e) Coating
- f) Blending
- g) Cutting

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of shellfish needed for the dish									
2. Check the shellfish to make sure it meets quality standards									
3. Select and use the tools and equipment correctly									
4. Prepare the shellfish to maintain its quality and meet the requirements of the dish									
5. Safely store any prepared shellfish not for immediate use									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP2/10: Prepare shellfish for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Shellfish									
a) Oysters									
b) Crabs									
c) Prawns/Shrimps									
d) Langoustines									
e) Lobsters/Crawfish									
f) Crayfish									
g) Scampi/Dublin Bay prawns									
h) Mussels									
i) Scallops									
j) Cockles/Clams									
C2 Prepare by									
a) Trimming									
b) Shelling									
c) Washing									
d) Marinading									
e) Coating									

Element 3FP2/10: Prepare shellfish for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
f) Blending									
g) Cutting									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 6:

Prepare meat for complex dishes

Unit code: 3FP3/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about preparing meat for complex dishes.

The preparation methods are:

- boning
- trimming
- rolling
- tenderising
- chining
- tying
- larding/barding
- portioning by weight
- portioning for dish
- slicing
- mincing
- seasoning/marinading.

The meat covered by the unit are:

- red meat
- white meat.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, cut, quality and quantity of meat to meet dish requirements</p> <p>K2. What quality points to look for in fresh meat: red meat, white meat</p> <p>K3. What you should do if there are problems with the meat or other ingredients</p> <p>K4. The correct tools and equipment to carry out the following preparation methods: boning, trimming, rolling, tenderising, chining, tying, larding/barding, portioning by weight, portioning for dish, slicing, mincing, seasoning/marinading</p> <p>K5. How to carry out the following preparation methods correctly: boning, trimming, rolling, tenderising, chining, tying, larding/barding, portioning by weight, portioning for dish, slicing, mincing, seasoning/marinading</p> <p>K6. How to control portions and minimise waste</p> <p>K7. The approximate yields of prepared meat and how to make use of by-products</p> <p>K8. The main characteristics of the different types of meat dishes</p> <p>K9. The current trends in relation to preparing meat dishes for cooking</p> <p>K10. The nutritional value of meat</p> <p>K11. Healthy eating options when preparing meat for complex dishes</p> <p>K12. How to store prepared meat</p>		

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP3/10

Prepare meat for complex dishes

What you must cover

C1 Meat (both)

- a) Red meat
- b) White meat

C2 Prepare by (at least **six from)**

- a) Boning
- b) Trimming
- c) Rolling
- d) Tenderising
- e) Chining
- f) Tying
- g) Larding/Barding
- h) Portioning by weight
- i) Portioning for dish
- j) Slicing
- k) Mincing
- l) Seasoning/Marinading

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type, cut and quantity of meat needed for the dish									
2. Check the meat to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare the meat to maintain its quality and meet the requirements of the dish									
5. Safely store any prepared meat not for immediate use									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP3/10: Prepare meat for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Meat									
a) Red meat									
b) White meat									
C2 Prepare by									
a) Boning									
b) Trimming									
c) Rolling									
d) Tenderising									
e) Chining									
f) Tying									
g) Larding/Barding									
h) Portioning by weight									
i) Portioning for dish									
j) Slicing									
k) Mincing									
l) Seasoning/ Marinading									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 7:

Prepare poultry for complex dishes

Unit code: 3FP4/10

Unit credit: 3

SCQF Unit level: 6

Introduction

This unit is about preparing poultry for complex dishes.

The preparation methods are:

- checking and preparing the cavity
- boning
- seasoning
- marinating
- trimming
- cutting
- ballotine
- blending
- sieving
- stuffing/filling
- trussing/tying.

The poultry covered by the unit are:

- duck
- guinea fowl
- goose
- chicken
- turkey.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of poultry to meet dish requirements</p> <p>K2. What quality points to look for in fresh poultry: duck, guinea fowl, goose, chicken and turkey</p> <p>K3. What you should do if there are problems with the poultry or other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation methods: checking and preparing the cavity, boning, seasoning, marinating, trimming, cutting, ballotine, blending, sieving, stuffing and filling, tying/trussing</p> <p>K5. How to carry out the following preparation methods correctly: checking and preparing the cavity, boning, seasoning, marinating, trimming, cutting, ballotine, blending, sieving, stuffing and filling, tying/trussing</p> <p>K6. The approximate yields of prepared poultry</p> <p>K7. How to control portions and minimise waste</p> <p>K8. The main characteristics of the different types of poultry dishes</p> <p>K9. The nutritional value of poultry</p> <p>K10. How to store prepared poultry</p> <p>K11. Healthy eating options when preparing poultry for complex dishes</p>		

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
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I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

I confirm that the candidate's sampled work meets the standards specified for this Unit and may be presented for external verification.

Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP4/10

Prepare poultry for complex dishes

What you must cover

C1 Poultry (at least **three** from)

- a) Duck
- b) Guinea fowl
- c) Goose
- d) Chicken
- e) Turkey

C2 Prepare by (at least **seven** from)

- a) Checking and preparing the cavity
- b) Boning
- c) Seasoning
- d) Marinading
- e) Trimming
- f) Cutting
- g) Ballotine
- h) Blending
- i) Sieving
- j) Stuffing/filling
- k) Tying/trussing

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of poultry needed for the dish									
2. Check the poultry to make sure it meets quality standards									
3. Choose and use the correct techniques, tools and equipment									
4. Prepare the poultry to maintain its quality and meet the requirements of the dish									
5. Safely store any prepared poultry not for immediate use									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FP4/10: Prepare poultry for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Poultry									
a) Duck									
b) Guinea fowl									
c) Goose									
d) Chicken									
e) Turkey									
C2 Prepare by									
a) Checking and preparing the cavity									
b) Boning									
c) Seasoning									
d) Marinading									
e) Trimming									
f) Cutting									
g) Ballotine									
h) Blending									
i) Sieving									
j) Stuffing/filling									
k) Tying/trussing									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 8: Prepare game for complex dishes

Unit code: 3FP5/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about preparing game for complex dishes, for example:

- sautéed pigeon
- braised venison
- braised rabbit
- braised hare

The preparation methods are:

- skinning
- plucking
- checking for and removing shot
- washing
- seasoning
- marinading
- trimming
- cutting (portion and dice)
- stuffing/filling
- chining
- tunnelling (bones)
- ballotine

The game covered by the unit are:

- in fur
- in feather

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of game to meet dish requirements</p> <p>K2. How to control portions and minimise waste</p> <p>K3. The approximate yields of prepared game</p> <p>K4. What quality points to look for in fresh game: in feather, in fur</p> <p>K5. What you should do if there are problems with the game or other ingredients</p> <p>K6. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation methods: skinning, plucking, checking for and removing shot, washing, seasoning, marinating, trimming, cutting (portion and dice), stuffing and filling, tunnelling (bones), chining, drawing, hanging, ballotine</p> <p>K7. How to carry out the following preparation methods correctly: skinning, plucking, washing, seasoning, marinating, trimming, cutting (portion and dice), stuffing and filling, tunnelling (bones), chining, drawing, hanging, ballotine</p> <p>K8. The main characteristics of different types of game</p> <p>K9. The current trends in relation to preparing complex game dishes</p> <p>K10. How to store prepared game</p> <p>K11. Healthy eating options when preparing game for complex dishes</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Element 3FP5/10

Prepare game for complex dishes

What you must cover

C1 Game (both)

- a) In fur
- b) In feather

C2 Prepare by (at least **six** from)

- a) Skinning
- b) Plucking
- c) Checking for and removing shot
- d) Washing
- e) Seasoning
- f) Marinading
- g) Trimming
- h) Cutting:
 - portion
 - dice
- h) Stuffing/filling
- i) Tunnelling (bones)
- j) Chining
- k) Ballotine

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of game needed for the dish									
2. Check the game to make sure it meets quality standards									
3. Select and use tools and equipment correctly									
4. Prepare the game to maintain its quality and meet the requirements of the dish									
5. Safely store any prepared game not for immediate use									

Additional evidence (if applicable):

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Element 3FP5/10: Prepare game for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Game									
a) In fur									
b) In feather									
C2 Prepare by									
a) Skinning									
b) Plucking									
c) Checking for and removing shot									
d) Washing									
e) Seasoning									
f) Marinading									
g) Trimming									
h) Cutting:									
• portion									
• dice									
h) Stuffing/filling									
i) Tunnelling (bones)									
j) Chining									
k) Ballotine									

Additional evidence (if applicable):

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Unit 9:

Cook and finish complex fish dishes

Unit code: 3FC1/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about cooking and finishing complex fish dishes, for example:

- fish en croûte
- dressed salmon
- salmon roulade
- salmon mousse
- mousseline
- bouillabaisse

The fish covered by the unit are:

- white fish — round (for example, cod, whiting or hake)
- white fish — flat (for example, plaice, sole or turbot)
- oily (for example, salmon or mackerel)

The cooking methods covered include:

- frying (deep and shallow)
- grilling
- en papillote
- baking
- steaming
- poaching (deep and shallow)
- combining cooking methods

The finishing methods covered include:

- garnishing
- coating with a sauce
- dressing

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of fish to meet dish requirements</p> <p>K2. What quality points to look for in fish: white fish (round), white fish (flat), oily and exotic</p> <p>K3. What you should do if there are problems with the fish or other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: frying (deep and shallow), grilling, en papillote, baking, steaming, poaching (deep and shallow) and combining cooking methods</p> <p>K5. How to combine fish with other ingredients to create a complex and balanced dish</p> <p>K6. How to carry out the following cooking methods according to dish requirements: frying (deep and shallow), grilling, en papillote, baking, steaming, poaching (deep and shallow) and combining cooking methods</p> <p>K7. The correct temperatures for cooking fish: white round, white flat, oily and exotic; and why these temperatures are important</p> <p>K8. The appropriate garnishes, dressing, sauces and glazes for a range of complex fish dishes</p> <p>K9. How to minimise and correct common faults in complex fish dishes</p> <p>K10. How to adjust the flavour, consistency and colour of complex fish dishes</p> <p>K11. The current trends and methodologies in relation to cooking and finishing complex fish dishes</p> <p>K12. The correct temperatures for holding and serving complex fish dishes</p> <p>K13. How to store complex fish dishes</p> <p>K14. Healthy eating options when cooking and finishing complex fish dishes</p>		

Additional evidence (if applicable):

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Element 3FC1/10

Cook and finish complex fish dishes

What you must cover

C1 Fish (at least **two** from)

- a) White fish — round
- b) White fish — flat
- c) Oily

C2 Cooking by (at least **five** from)

- a) Frying
 - deep
 - shallow
- b) Grilling
- c) En papillotte
- d) Baking
- e) Steaming
- f) Poaching
 - deep
 - shallow
- g) Combining cooking methods

C3 Finishing by (at least **two** from)

- a) Coating with a sauce
- b) Dressing
- c) Garnishing

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of fish needed for the dish									
2. Check the fish to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the fish with other ingredients									
5. Cook the fish to meet the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, colour, consistency and quantity									
7. Garnish and present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked fish not for immediate use									

Additional evidence (if applicable):

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Element 3FC1/10: Cook and finish complex fish dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Fish									
a) White fish — round									
b) White fish — flat									
c) Oily									
C2 Cooking by									
a) Frying									
• deep									
• shallow									
b) Grilling									
c) En papillotte									
d) Baking									
e) Steaming									
f) Poaching									
• deep									
• shallow									
g) Combining cooking methods									

Element 3FC1/10: Cook and finish complex fish dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C3 Finishing by									
a) Coating with a sauce									
b) Dressing									
c) Garnishing									

Additional evidence (if applicable):

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Unit 10:

Cook and finish complex shellfish dishes

Unit code: 3FC2/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about cooking and finishing complex shellfish dishes, for example:

- boiled crab
- oysters on ice
- lobster thermidor
- 'fusion type' food
- shellfish soufflé

The shellfish covered by the unit are:

- oysters
- crabs
- prawns/shrimps
- langoustines
- lobster/crawfish
- crayfish
- scampi/Dublin Bay prawns
- mussels
- cockles (fresh)/clams
- scallops

The cooking techniques covered include:

- boiling
- steaming
- sautéing
- frying (deep and shallow)
- grilling
- baking
- stewing

- en papillote
- combining cooking methods

The finishing methods covered include:

- garnishing
- dressing
- saucing
- presentation

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of shellfish to meet dish requirements</p> <p>K2. What quality points to look for in shellfish: oysters, crabs, prawns/shrimps, langoustines, lobster/crawfish, crayfish, scampi/Dublin Bay prawns, mussels, scallops, cockles (fresh)/clams</p> <p>K3. What you should do if there are problems with the shellfish or other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: boiling, steaming, stewing, sautéing, frying (deep and shallow), grilling, baking, en papillote and combining cooking methods</p> <p>K5. How to combine shellfish with other ingredients to create a complex and balanced dish</p> <p>K6. How to carry out the following cooking methods according to dish requirements: boiling, steaming, stewing, sautéing, frying (deep and shallow), grilling, baking, en papillote and combining cooking methods</p> <p>K7. The correct temperatures for cooking shellfish: oysters, crabs, prawns/shrimps, langoustines, lobster/crawfish, scampi/Dublin Bay prawns, mussels, scallops, cockles (fresh)</p> <p>K8. How to adjust the flavour, consistency and colour of the complex shellfish dish</p> <p>K9. How to minimise and correct common faults in complex shellfish dishes</p> <p>K10. The appropriate garnishes, dressings, sauces and glazes to accompany complex shellfish dishes</p> <p>K11. The correct temperatures for holding and serving shellfish dishes</p> <p>K12. How to store complex shellfish dishes</p> <p>K13. Healthy eating options when cooking and finishing shellfish dishes</p>		

Additional evidence (if applicable):

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Element 3FC2/10

Cook and finish complex shellfish dishes

What you must cover

C1 Shellfish (at least **five** from)

- a) Oysters
- b) Prawns/shrimps
- c) Langoustines
- d) Lobster/crawfish
- e) Crayfish
- f) Scampi/Dublin Bay prawns
- g) Mussels
- h) Scallops
- i) Crabs
- j) Cockles (fresh)/clams

C2 Cooking by (at least **five** from)

- a) Boiling
- b) Steaming
- c) Sautéing
- d) Grilling
- e) Baking
- f) Frying
 - deep
 - shallow
- g) Stewing
- h) En papillote
- i) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of shellfish needed for the dish									
2. Check the shellfish to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the shellfish with other ingredients									
5. Cook the shellfish to meet the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, colour, consistency and quantity									
7. Garnish, dress, sauce and present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked shellfish not for immediate use									

Additional evidence (if applicable):

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Element 3FC2/10: Cook and finish complex shellfish dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Shellfish									
a) Oysters									
b) Prawns/shrimps									
c) Langoustines									
d) Lobster/crawfish									
e) Crayfish									
f) Scampi/Dublin Bay prawns									
g) Mussels									
h) Scallops									
i) Crabs									
j) Cockles (fresh)/clams									
C2 Cooking by									
a) Boiling									
b) Steaming									
c) Sautéing									
d) Grilling									
e) Baking									

Element 3FC2/10: Cook and finish complex shellfish dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
f) Frying									
• deep									
• shallow									
g) Stewing									
h) En papillote									
i) Combining cooking methods									

Additional evidence (if applicable):

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Unit 11:

Cook and finish complex meat dishes

Unit code: 3FC3/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about cooking and finishing complex meat dishes, for example:

- tornados Rossini
- osso bucco
- pot roasted leg of lamb
- braised lamb shank
- 'fashionable dishes' made from second class cuts

The meat covered by the unit are:

- red
- white

The cooking techniques covered include:

- grilling (over fire and under fire)
- frying (deep, shallow and stir)
- boiling
- braising
- steaming
- stewing
- roasting
- pot roasting
- Sous Vide (vacuum packed — and water bath)
- combining cooking methods.

The finishing methods covered include:

- garnishing
- presentation

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of meat for dish requirements</p> <p>K2. What quality points to look for in red meat</p> <p>K3. What quality points to look for in white meat</p> <p>K4. What you should do if there are problems with the meat or other ingredients</p> <p>K5. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: grilling (over and under fire), frying (deep, shallow and stir), boiling, braising, steaming, stewing, roasting, pot roasting, sous vide, combining cooking methods</p> <p>K6. How to combine meat with other ingredients to create a complex and balanced dish</p> <p>K7. How to carry out the following cooking methods according to dish requirements: grilling (over and under fire), frying (deep, shallow and stir), boiling, braising, steaming, stewing, roasting, pot roasting, sous vide, combining cooking methods</p> <p>K8. The correct temperatures for cooking red and white meat using all the methods listed above</p> <p>K9. How to check that meat is cooked correctly</p> <p>K10. How to minimise and correct common faults in complex meat dishes</p> <p>K11. How to adjust the flavour, consistency and colour of the complex meat dish</p> <p>K12. The appropriate garnishes, dressings, sauces and glazes for various complex meat dishes</p> <p>K13. The correct temperatures for holding and serving complex meat dishes</p> <p>K14. How to store complex meat dishes</p> <p>K15. Healthy eating options when cooking and finishing meat dishes</p>		

Additional evidence (if applicable):

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Element 3FC3/10

Cook and finish complex meat dishes

What you must cover

C1 Meat (both)

- a) Red
- b) White

C2 Cooking by (at least **four** from)

- a) Grilling (over fire and under fire)
- b) Frying
 - deep
 - shallow
 - stir
- c) Boiling
- d) Braising
- e) Steaming
- f) Stewing
- g) Roasting
- h) Pot roasting
- i) Sous Vide
- j) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type, cut and quantity of meat and other ingredients needed for the dish									
2. Check the meat to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the meat with other ingredients									
5. Cook the meat for the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, colour, consistency and quantity									
7. Garnish and present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked meat not for immediate use									

Additional evidence (if applicable):

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Element 3FC3/10: Cook and finish meat for complex dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Meat									
a) Red									
b) White									
C2 Cooking by									
a) Grilling (over fire and under fire)									
b) Frying									
• deep									
• shallow									
• stir									
c) Boiling									
d) Braising									
e) Steaming									
f) Stewing									
g) Roasting									
h) Pot roasting									
i) Sous Vide									
j) Combining cooking methods									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 12:

Cook and finish complex poultry dishes

Unit code: 3FC4/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about cooking and finishing complex poultry dishes, for example:

- mousse
- timbale
- ballotine
- quenelles
- soufflé

The poultry covered by the unit are:

- duck
- guinea fowl
- goose
- chicken
- turkey

The cooking techniques covered include:

- grilling/griddling
- sautéing
- roasting
- poaching
- pot roasting
- frying (stir, deep, shallow)
- baking
- steaming
- en papillote
- combining cooking methods

The finishing methods covered include:

- garnishing
- presentation

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of poultry and other ingredients to meet dish requirements</p> <p>K2. What quality points to look for in poultry: duck, guinea fowl, goose, chicken, turkey</p> <p>K3. What you should do if there are problems with the poultry or other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: grilling, griddling, sautéing, roasting, poaching, pot roasting, frying (stir, deep and shallow), baking, steaming, en papillote, combining cooking methods</p> <p>K5. How to combine poultry with other ingredients to create a complex and balanced dish</p> <p>K6. How to carry out the following cooking methods according to dish requirements: grilling, griddling, sautéing, roasting, poaching, pot roasting, frying (stir, deep and shallow), baking, steaming, en papillote, combining cooking methods</p> <p>K7. The correct temperatures for cooking poultry: duck, guinea fowl, goose, chicken, turkey</p> <p>K8. The cooking methods appropriate to each type of poultry</p> <p>K9. How to check that poultry is cooked to the correct extent</p> <p>K10. How to minimise and correct common faults in complex poultry dishes</p> <p>K11. How to adjust the flavour, consistency and colour of the complex poultry dish</p> <p>K12. The appropriate garnishes, dressings, sauces and glazes for various complex poultry dishes</p> <p>K13. The correct temperatures for holding and serving complex poultry dishes</p> <p>K14. How to store complex poultry dishes</p> <p>K15. Healthy eating options when cooking and finishing complex poultry dishes</p>		

Additional evidence (if applicable):

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FC4/10

Cook and finish complex poultry dishes

What you must cover

C1 Poultry (at least **three** from)

- a) Duck
- b) Guinea Fowl
- c) Goose
- d) Chicken
- e) Turkey

C2 Cooking by (at least **five** from)

- a) Grilling/griddling
- b) Sautéing
- c) Roasting
- d) Combination
- e) Poaching
- f) Pot roasting
- g) Frying
 - stir
 - deep
 - shallow
- h) Baking
- i) Steaming
- j) En papillote
- k) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of poultry needed for the dish									
2. Check the poultry to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the poultry with other ingredients									
5. Cook the poultry to meet the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, colour, consistency and quantity									
7. Garnish and present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked poultry not for immediate use									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FC4/10: Cook and finish complex poultry dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Poultry									
a) Duck									
b) Guinea Fowl									
c) Goose									
d) Chicken									
e) Turkey									
C2 Cooking by									
a) Grilling/griddling									
b) Sautéing									
c) Roasting									
d) Combination									
e) Poaching									
f) Pot roasting									
g) Frying									
• stir									
• deep									
• shallow									
h) Baking									
i) Steaming									

Element 3FC4/10: Cook and finish complex poultry dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
j) En papillotte									
k) Combining cooking methods									

Additional evidence (if applicable):

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Unit 13:

Cook and finish complex game dishes

Unit code: 3FC5/10

Unit credit: 4

Unit level: SQCF 6

Introduction

This unit is about cooking and finishing complex game dishes, for example:

- sautéed pigeon
- braised venison
- braised rabbit
- braised hare
- ballotine

The game covered by the unit are:

- furred
- feathered

The cooking techniques covered include:

- sautéing
- roasting
- pot roasting
- braising
- stewing
- combining cooking methods

The finishing methods covered include:

- garnishing
- presentation

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of game to meet dish requirements</p> <p>K2. What quality points to look for in game: furred and feathered</p> <p>K3. What you should do if there are problems with the game or other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: sautéing, roasting, braising, pot roasting, stewing, combining cooking methods</p> <p>K5. How to combine game with other ingredients to create a complex and balanced dish</p> <p>K6. How to carry out the following cooking methods according to dish requirements: sautéing, roasting, braising, pot roasting, stewing, combining cooking methods</p> <p>K7. The correct temperatures for cooking game: furred and feathered</p> <p>K8. Current trends in relation to game dishes</p> <p>K9. Which cooking methods are appropriate to each type of game</p> <p>K10. How to minimise and correct common faults in complex game dishes</p> <p>K11. How to adjust the flavour, colour and consistency for a complex game dish</p> <p>K12. The appropriate garnishes, dressings, sauces and glazes to accompany complex game dishes</p> <p>K13. The appropriate degree of cooking required for each type of complex game dish</p> <p>K14. The correct temperatures for holding and serving complex game dishes</p> <p>K15. How to store complex game dishes</p> <p>K16. Healthy eating options when cooking and finishing complex game dishes</p>		

Additional evidence (if applicable):

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Element 3FC5/10

Cook and finish complex game dishes

What you must cover

C1 Game (both)

- a) Furred
- b) Feathered

C2 Cooking by (at least **three** from)

- a) Sautéing
- b) Roasting
- c) Pot roasting
- d) Braising
- e) Stewing
- f) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of game needed for the dish									
2. Check the game to make sure it meets quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the game with other ingredients									
5. Cook the game to meet the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, colour, consistency and quantity									
7. Garnish and present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked game not for immediate use									

Additional evidence (if applicable):

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Element 3FC5/10: Cook and finish complex game dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Game									
a) Furred									
b) Feathered									
C2 Cooking by									
a) Sautéing									
b) Roasting									
c) Pot roasting									
d) Braising									
e) Stewing									
f) Combining cooking methods									

Additional evidence (if applicable):

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Unit 14:

Cook and finish complex vegetable dishes

Unit code: 3FC6/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about cooking and finishing complex vegetable dishes, for example:

- timbale
- vegetable terrine
- ratatouille
- potato rosti/galette

The vegetables covered by the unit are:

- roots
- bulbs
- flower heads
- fungi
- seeds and pods
- tubers
- leaves
- stems
- vegetable fruits

The cooking techniques covered include:

- blanching
- boiling
- roasting
- baking
- grilling
- braising
- frying (deep, shallow and stir)
- steaming
- stewing
- combining cooking methods

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of vegetables to meet dish requirements</p> <p>K2. What quality points to look for in vegetables: roots, bulbs, flower heads, exotic fungi, seeds and pods, tubers, leaves, stems, vegetable fruits</p> <p>K3. What you should do if there are problems with the vegetables or other ingredients</p> <p>K4. How to combine vegetables with other ingredients to create a complex and balanced dish</p> <p>K5. What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: blanching, boiling, roasting, baking, grilling, braising, frying (deep, shallow and stir), steaming, stewing, combining cooking methods</p> <p>K6. How to carry out the following cooking methods according to dish requirements: blanching, boiling, roasting, baking, grilling, braising, frying (deep, shallow and stir), steaming, stewing, combining cooking methods</p> <p>K7. The correct temperatures for cooking vegetables: roots, bulbs, flower heads, exotic fungi, seeds and pods, tubers, leaves, stems, vegetable fruits</p> <p>K8. How to carry out the following finishing methods: garnishing and presentation</p> <p>K9. What cooking methods are appropriate to each type of complex vegetable dish</p> <p>K10. How to adjust the flavour, consistency and colour of the complex vegetable dish</p> <p>K11. Healthy eating options when cooking and finishing complex vegetable dishes</p> <p>K12. How to minimise and correct common faults in complex vegetable dishes</p> <p>K13. How to maximise and retain nutritional content of complex vegetable dishes during cooking</p> <p>K14. The correct temperatures for holding and serving complex vegetable dishes</p> <p>K15. How to store complex vegetable dishes.</p>		

Additional evidence (if applicable):

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Element 3FC6/10

Cook and finish complex vegetable dishes

What you must cover

C1 Vegetables (at least **eight** from)

- a) Roots
- b) Bulbs
- c) Flower heads
- d) Fungi
- e) Seeds and pods
- f) Tubers
- g) Leaves
- h) Stems
- i) Vegetable fruits

C2 Cooking by (at least **seven** from)

- a) Blanching
- b) Boiling
- c) Roasting
- d) Baking
- e) Grilling
- f) Braising
- g) Frying
 - deep
 - shallow
 - stir
- h) Steaming
- i) Stewing
- j) Combining cooking methods

C3 Other ingredients (at least **four** from)

- a) Nuts
- b) Meat substitutes
- c) Pulses
- d) Pastry
- e) Rice
- f) Pasta

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of vegetables needed for the dish									
2. Check the vegetables to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the vegetables with other ingredients									
5. Cook the vegetables and other ingredients to meet the requirements of the dish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dish has the correct flavour, consistency and quantity									
7. Finish the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any items not for immediate use									

Additional evidence (if applicable):

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Internal verifier signature: _____ Date: _____

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Element 3FC6/10: Cook and finish complex vegetable dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Vegetables									
a) Roots									
b) Bulbs									
c) Flower heads									
d) Fungi									
e) Seeds and pods									
f) Tubers									
g) Leaves									
h) Stems									
i) Vegetable fruits									
C2 Cooking by									
a) Blanching									
b) Boiling									
c) Roasting									
d) Baking									
e) Grilling									
f) Braising									

Element 3FC6/10: Cook and finish complex vegetable dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
g) Frying									
• deep									
• shallow									
• stir									
h) Steaming									
i) Stewing									
j) Combining cooking methods									
C3 Other ingredients									
a) Nuts									
b) Meat substitutes									
c) Pulses									
d) Pastry									
e) Rice									
f) Pasta									

Additional evidence (if applicable):

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Unit 15:

Prepare, cook and finish complex hot sauces

Unit code: 3FPC1/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing complex sauces, for example:

- compound butter sauces
- other roux-based sauces
- emulsified sauces (for example, beurre blanc or hollandaise)
- cream thickening sauces
- white/brown sauce derivatives

The preparation and cooking techniques covered include:

- weighing and measuring
- chopping
- simmering
- boiling
- reducing
- 'make roux'
- passing/straining/blending
- skimming
- whisking

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet sauce requirements</p> <p>K2. What quality points to look for in sauce ingredients</p> <p>K3. What you should do if there are problems with the ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and cooking methods: weighing, measuring, chopping, simmering, reducing, boiling, 'make roux', passing/straining/blending, skimming, whisking</p> <p>K5. How to carry out the following cooking methods according to sauce requirements: weighing/measuring, chopping, simmering, reducing, boiling, 'make roux', passing/straining/blending, skimming, whisking</p> <p>K6. The correct temperatures for cooking sauces</p> <p>K7. How to identify when sauces have the correct colour, flavour, consistency and quantity</p> <p>K8. How to finish and present complex sauces</p> <p>K9. How to minimise and correct common faults in complex sauces, stocks, gravies and glazes</p> <p>K10. How to adjust the taste and flavour of complex sauces, stocks, gravies and glazes</p> <p>K11. How to balance the flavour, texture, colour, consistency and quality of the final dish with the sauce</p> <p>K12. The appropriate accompaniments and garnishes for different complex sauces</p> <p>K13. What quality points relate to complex hot sauces</p> <p>K14. The correct temperatures for holding and serving sauces</p> <p>K15. How to store cooked sauces</p> <p>K16. Healthy eating options when preparing, cooking and finishing complex hot sauces</p>		

Additional evidence (if applicable):

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Element 3FPC1/10

Prepare, cook and finish complex hot sauces

What you must cover

C1 Preparation and cooking methods (at least **all** from)

- a) Weighing/measuring
- b) Chopping
- c) Simmering
- d) Reducing
- e) Boiling
- f) 'Make roux'
- g) Passing/straining/blending
- h) Skimming
- i) Whisking

C2 Sauces (at least **all** from)

- a) Compound butter sauce
- b) Derivatives of white and brown sauce
- c) Emulsified sauces
- d) Cream thickened sauces

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the sauce									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the ingredients according to dish requirements									
5. Prepare and cook the sauce to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the sauce has the correct flavour, colour, consistency and quantity									
7. Present the sauce to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked sauce not for immediate use									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

I confirm that the candidate's sampled work meets the standards specified for this Unit and may be presented for external verification.

Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC1/10: Prepare, cook and finish complex hot sauces

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Preparation and cooking methods									
a) Weighing/measuring									
b) Chopping									
c) Simmering									
d) Reducing									
e) Boiling									
f) 'Make roux'									
g) Passing/straining/blending									
h) Skimming									
i) Whisking									
C2 Sauces									
a) Compound butter sauce									
b) Derivatives of white and brown sauce									
c) Emulsified sauces									
d) Cream thickened sauces									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 16:

Prepare, cook and finish complex soups

Unit code: 3FPC2/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing complex soups, for example:

- consommé
- bisque
- chowder
- velouté
- cold soups

The preparation and cooking techniques covered include:

- weighing/measuring
- chopping
- simmering
- skimming
- clarifying
- whisking
- boiling
- chilling
- passing/straining
- liaison with garnish

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet dish requirements</p> <p>K2. What quality points to look for in soup ingredients</p> <p>K3. What you should do if there are problems with the ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation, cooking and finishing methods: weighing/measuring, chopping, simmering, clarifying, boiling, whisking, passing and straining, skimming, chilling</p> <p>K5. How to carry out the following preparation methods according to dish requirements: weighing/measuring, chopping, passing and straining, skimming, chilling and preparing a liaison</p> <p>K6. How to carry out the following cooking methods: simmering, clarifying, boiling, whisking</p> <p>K7. How to carry out the following finishing methods: passing and straining, skimming, chilling, liaison with garnish</p> <p>K8. The correct temperatures for cooking soups</p> <p>K9. How to identify when soups have the correct colour, flavour, consistency and quantity</p> <p>K10. How to minimise and correct common faults in complex soups</p> <p>K11. How to adjust the taste and flavour of complex soups</p> <p>K12. How to cook and finish all the different complex soups from the menu</p> <p>K13. The correct temperatures for holding and serving complex soups</p> <p>K14. How to store soups</p> <p>K15. Healthy eating options when preparing, cooking and finishing complex soups</p>		

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC2/10

Prepare, cook and finish complex soups

What you must cover

C1 Preparation, cooking and finishing methods (at least **nine** from)

- a) Weighing/measuring
- b) Chopping
- c) Simmering
- d) Clarifying
- e) Boiling
- f) Whisking
- g) Passing/straining
- h) Skimming
- i) **Chilling**
- j) Liaison with garnish

C2 Soups (**All** from)

- a) Consomme
- b) Bisque
- c) Cold soup veloute

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the soup									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Combine the ingredients ready for cooking									
5. Prepare and cook the soup to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the soup has the correct flavour, colour, consistency and quantity									
7. Finish and present the soup to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked soup not for immediate use									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Assessor signature: _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC2/10: Prepare, cook and finish complex soups

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Preparation, cooking and finishing methods									
a) Weighing/measuring									
b) Chopping									
c) Simmering									
d) Clarifying									
e) Boiling									
f) Whisking									
g) Passing/straining									
h) Skimming									
i) Chilling									
j) Liaison with garnish									
C2 Soups									
a) Consomme									
b) Bisque									
c) Cold soup veloute									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 17:

Prepare, cook and finish fresh pasta dishes

Unit code: 3FPC3/10

Unit credit: 4

Unit level: SQCF 6

Introduction

This unit is about preparing, cooking and finishing fresh pasta dishes, for example:

- ravioli
- tortellini

The types of pasta covered are:

- fresh pasta
- filled pasta

The preparation and cooking techniques covered include:

- weighing/measuring
- sieving
- pulling and kneading
- resting
- rolling
- portioning
- boiling
- combining cooking methods
- baking

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of pasta ingredients and other ingredients to meet dish requirements</p> <p>K2. What quality points to look for in pasta and other ingredients</p> <p>K3. What you should do if there are problems with the pasta and other ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and cooking methods: weighing, measuring, sieving, pulling/kneading, resting, rolling, portioning, boiling, baking, combining cooking methods</p> <p>K5. How to carry out the following preparation and cooking methods according to dish requirements: weighing/measuring, sieving, pulling/kneading, resting, rolling, portioning, boiling, baking, combining cooking methods</p> <p>K6. How to identify when freshly made pasta has the correct qualities</p> <p>K7. How to minimise and correct common faults with fresh pasta dishes</p> <p>K8. How to identify when fresh pasta dishes have the correct colour, flavour, texture and quantity</p> <p>K9. The correct temperatures for holding and serving complex pasta dishes</p> <p>K10. How to store complex pasta dishes</p> <p>K11. Healthy eating options when preparing, cooking and finishing complex pasta dishes</p>		

Additional evidence (if applicable):

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Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPCS/10

Prepare, cook and finish fresh pasta dishes

What you must cover

C1 Pasta (both)

- a) Filled pasta
- b) Unfilled pasta

C2 Preparation and cooking methods (at least **all** from)

- a) Weighing/measuring
- b) Sieving
- c) Pulling/kneading
- d) Resting
- e) Rolling
- f) Portioning
- g) Boiling
- h) Baking
- i) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of pasta ingredients and other ingredients needed for the dish									
2. Check all ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare the fresh pasta and other ingredients to meet dish requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Cook the pasta and other ingredients to meet dish requirements									
6. Make sure the dish has the correct flavour, colour, texture and quantity									
7. Present the dish to meet requirements									
8. Make sure the dish is at the correct temperature for holding and serving									
9. Safely store any cooked pasta dishes not for immediate use									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPCS/10 : Prepare, cook and finish fresh pasta dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Pasta									
a) Filled pasta									
b) Unfilled pasta									
C2 Preparation and cooking methods									
a) Weighing/measuring									
b) Sieving									
c) Pulling/kneading									
d) Resting									
e) Rolling									
f) Portioning									
g) Boiling									
h) Baking									
i) Combining cooking methods									

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 18:

Prepare, cook and finish complex bread and dough products

Unit code:	3FPC4/10
Unit credit:	4
SQCF Unit level:	6

Introduction

This unit is about preparing, cooking and finishing complex bread and dough products, for example:

- tea breads
- brioche
- croissants
- danish pastries
- bagels
- pumpernickel
- peshwari naan
- focaccia
- ciabatta

The preparation and cooking techniques covered include:

- weighing/measuring
- sieving
- mixing/kneading
- proving
- knocking back
- shaping
- folding
- laminating
- frying
- baking

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. What you should do if there are problems with the ingredients</p> <p>K3. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and cooking methods: weighing/measuring, sieving, mixing/kneading, proving, knocking back, shaping, folding, laminating, baking, frying</p> <p>K4. How to carry out the following preparation and cooking methods according to product requirements: weighing/measuring, sieving, mixing/kneading, proving, knocking back, shaping, folding, laminating, baking, frying</p> <p>K5. The quality points relating to prepared fermented dough products</p> <p>K6. How to control portions and minimise waste</p> <p>K7. The effects of varied temperatures and humidity on the ingredients used</p> <p>K8. The storage/holding requirements and ideal conditions for processed dough products and what precautions should be taken when storing dough products</p> <p>K9. How to minimise and correct common faults in complex bread and dough products</p> <p>K10. The processing methods appropriate to each type of fermented dough product</p> <p>K11. The quality points relating to finished complex dough products</p> <p>K12. Healthy eating options when preparing, cooking and finishing complex bread and dough products</p>		

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC4/10

Prepare, cook and finish complex bread and dough products

What you must cover

C1 Bread and dough (at least **all** from)

- a) Enriched dough
- b) Laminated dough
- c) Bread dough

C2 Preparation and cooking methods (at least **nine** from)

- a) Weighing/measuring
- b) Sieving
- c) Mixing/kneading
- d) Proving
- e) Knocking back
- f) Shaping
- g) Laminating
- h) Folding
- i) Baking
- j) Frying

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use the tools and equipment correctly									
4. Prepare and cook the ingredients to meet requirements									
5. Make sure the bread and dough product has the correct colour, texture and finish									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Present the bread and dough product to meet requirements									
7. Make sure the bread and dough product is at the correct temperature for holding and serving									
8. Safely store any cooked bread and dough product not for immediate use									

Additional evidence (if applicable):

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Element 3FPC4/10: Prepare, cook and finish complex bread and dough products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Bread and dough									
a) Enriched dough									
b) Laminated dough									
c) Bread dough									
C2 Preparation and cooking methods									
a) Weighing/measuring									
b) Sieving									
c) Mixing/kneading									
d) Proving									
e) Knocking back									
f) Shaping									
g) Laminating									
h) Folding									
i) Baking									
j) Frying									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 19:

Prepare, cook and finish complex cakes, sponges, biscuits and scones

Unit code: 3FPC5/10

Unit credit: 5

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing complex cakes, sponges, biscuits and scones, for example:

- Genoese/light fatless
- rich fruit cake/Dundee cake
- joconde sponge biscuits
- savarin
- sablé biscuits
- tuilés biscuits
- fresh gateaux
- chocolate torte
- hot plate scones

The preparation and cooking techniques covered include:

- weighing/measuring
- creaming/beating
- whisking
- folding
- rubbing in
- greasing
- glazing
- portioning
- piping
- shaping
- filling
- rolling
- lining

- trimming/icing
- spreading/smoothing
- kneading
- proving
- dusting/dredging/sprinkling
- mixing
- coating
- stacking
- slicing
- baking

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. Quality points to look for in the ingredients</p> <p>K3. What you should do if there are problems with the ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the necessary preparation and cooking methods</p> <p>K5. The effects of various preparation and aeration methods on different complex cake, sponge, biscuit and scone products</p> <p>K6. How the choice of flour and fat preparations relate to the end product</p> <p>K7. What preparation and cooking methods are appropriate to each type of complex cake, sponge, biscuit and scone products</p> <p>K8. The correct temperatures for cooking each type of complex cake, sponge, biscuit and scone product</p> <p>K9. How to carry out the necessary preparation and cooking methods according to product requirements</p> <p>K10. How to identify when cake, sponge, biscuit and scone products have the correct colour, flavour, texture and quantity</p> <p>K11. How to minimise and correct common faults with complex cake, sponge, biscuit and scone products</p> <p>K12. How to control portions and minimise waste</p> <p>K13. How to store complex cakes and biscuits</p> <p>K14. Healthy eating options when preparing and cooking complex cake, sponge, biscuit and scone products</p>		

Additional evidence (if applicable):

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Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC5/10

Prepare, cook and finish complex cakes, sponges, biscuits and scones

What you must cover

C1 Preparation, cooking and finishing methods (at least **15** from)

- a) Weighing/measuring
- b) Creaming/beating
- c) Whisking
- d) Folding
- e) Rubbing in
- f) Greasing
- g) Glazing
- h) Portioning
- i) Piping
- j) Shaping
- k) Filling
- l) Rolling
- m) Lining
- n) Trimming/icing
- o) Spreading/smoothing
- p) Kneading
- q) Proving
- r) Dusting/dredging/sprinkling
- s) Mixing
- t) Stacking
- u) Coating
- v) Slicing
- w) Baking

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare, cook and finish the product to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Make sure the product has the correct flavour, colour, texture and quantity									
6. Present the product to meet requirements									
7. Make sure the product is at the correct temperature for holding and serving									
8. Safely store any cooked product not for immediate use									

Additional evidence (if applicable):

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O = direct observation of the learner's performance by their assessor	PD = professional discussion
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P = products of the learner's work	WT = authentic statements/witness testimony
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S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

Column key:

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC5/10: Prepare, cook and finish complex cakes, sponges, biscuits and scones

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Preparation, cooking and finishing methods									
a) Weighing/measuring									
b) Creaming/beating									
c) Whisking									
d) Folding									
e) Rubbing in									
f) Greasing									
g) Glazing									
h) Portioning									
i) Piping									
j) Shaping									
k) Filling									
l) Rolling									
m) Lining									
n) Trimming/icing									
o) Spreading/smoothing									
p) Kneading									

Element 3FPC5/10: Prepare, cook and finish complex cakes, sponges, biscuits and scones

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
q) Proving									
r) Dusting/dredging/sprinkling									
s) Mixing									
t) Stacking									
u) Coating									
v) Slicing									
w) Baking									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 20:

Prepare, cook and finish complex pastry products

Unit code: 3FPC6/10

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing complex pastry products, for example:

- apple strudel
- barquettes
- shortbread
- samosas
- lemon tart
- Paris-Brest
- custard tarts

The preparation and cooking techniques covered include:

- weighing/measuring
- sifting
- rubbing in
- creaming
- kneading
- resting
- aerating
- conditioning/chilling
- piping
- laminating
- rolling
- folding
- lining/moulding
- trimming
- baking
- combining cooking methods.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to store raw ingredients before preparation and cooking</p> <p>K2. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K3. What you should do if there are problems with the ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the necessary preparation and cooking methods</p> <p>K5. How to carry out the necessary preparation and cooking methods according to recipe requirements</p> <p>K6. The correct temperatures for cooking each type of complex pastry product</p> <p>K7. How to identify when pastry products have the correct colour, texture and finish</p> <p>K8. How to minimise and correct common faults with complex pastry products</p> <p>K9. How the use of different ingredients can affect the flavour of pastry</p> <p>K10. How to store complex pastry products</p> <p>K11. Healthy eating options when preparing, cooking and finishing complex pastry products</p>		

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC6/10

Prepare, cook and finish complex pastry products

What you must cover

C1 Pastry product (at least **six** from)

- a) Short
- b) Sweet
- c) Suet
- d) Choux
- e) Puff/flaky
- f) Sable
- g) Convenience
- h) Hot water paste

C2 Preparation and cooking methods (at least **12** from)

- a) Weighing/measuring
- b) Sifting
- c) Rubbing in
- d) Creaming
- e) Kneading
- f) Resting
- g) Aerating
- h) Conditioning/chilling
- i) Piping
- j) Laminating
- k) Rolling
- l) Folding
- m) Lining/moulding
- n) Trimming
- o) Baking
- p) Combining cooking methods

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Accurately weigh ingredients required									
3. Check the ingredients to make sure they meet quality standards									
4. Choose tools and equipment correctly									
5. Prepare and cook the ingredients to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the pastry product has the correct colour, texture and finish									
7. Present the pastry product to meet requirements									
8. Make sure the pastry product is at the correct temperature for holding and serving									
9. Safely store any cooked pastry product not for immediate use									

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC6/10: Prepare, cook and finish complex pastry products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Pastry product									
a) Short									
b) Sweet									
c) Suet									
d) Choux									
e) Puff/flaky									
f) Sable									
g) Convenience									
h) Hot water paste									
C2 Preparation and cooking methods									
a) Weighing/measuring									
b) Sifting									
c) Rubbing in									
d) Creaming									
e) Kneading									
f) Resting									
g) Aerating									

Element 3FPC6/10: Prepare, cook and finish complex pastry products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
h) Conditioning/chilling									
i) Piping									
j) Laminating									
k) Rolling									
l) Folding									
m) Lining/moulding									
n) Trimming									
o) Baking									
p) Combining cooking methods									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

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Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Unit 21:

Prepare, process and finish complex chocolate products

Unit code: 3FPC7/10

Unit credit: 5

SQCF Unit level: 6

Introduction

This unit is about preparing, processing and finishing complex chocolate products, for example:

- small chocolate centre pieces
- competition pieces
- truffles
- moulds/shapes (eg Easter eggs)

The preparation and cooking techniques covered include:

- rolling
- mixing
- drying
- manipulating
- blending colour and flavour
- cutting
- spreading
- melting
- tempering
- modelling

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. What you should do if there are problems with the ingredients</p> <p>K3. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and processing methods: rolling, mixing, drying, manipulating, blend colour and flavour, cutting, spreading, melting, tempering, modelling</p> <p>K4. How to carry out the following processing methods according to product requirements: rolling, mixing, drying, manipulating, blend colour and flavour, cutting, spreading, melting, tempering, modelling</p> <p>K5. How to identify when chocolate products have the correct colour, flavour, texture and quantity</p> <p>K6. When couverture can be used and how it can be tempered</p> <p>K7. Common faults with chocolate products</p> <p>K8. How to correct the product to achieve requirements</p> <p>K9. Items that can be used to decorate chocolate products</p> <p>K10. How to decorate chocolate products</p> <p>K11. Current trends in relation to chocolate products</p> <p>K12. Healthy eating options when preparing, processing and finishing complex chocolate products</p> <p>K13. How to store complex chocolate products</p>		

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC7/10

Prepare, process and finish complex chocolate products

What you must cover

C1 Chocolate (at least **all** from)

- a) Plain chocolate
- b) White chocolate
- c) Milk chocolate

C2 Preparation and processing methods (at least **eight** from)

- a) Rolling
- b) Mixing
- c) Drying
- d) Manipulating
- e) Blending colour and flavour
- f) Cutting
- g) Spreading
- h) Melting
- i) Tempering
- j) Modelling

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare and process the ingredients to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Make sure the chocolate products have the correct flavour, colour, texture and quantity									
6. Decorate and present chocolate products to meet requirements									
7. Safely store any processed chocolate product not for immediate use									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
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Element 3FPC7/10: Prepare, process and finish complex chocolate products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Chocolate									
a) Plain chocolate									
b) White chocolate									
c) Milk chocolate									
C2 Preparation and processing methods									
a) Rolling									
b) Mixing									
c) Drying									
d) Manipulating									
e) Blending colour and flavour									
f) Cutting									
g) Spreading									
h) Melting									
i) Tempering									
j) Modelling									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Unit 22:

Prepare, process and finish marzipan, pastillage and sugar products

Unit code:	3FPC8/10
Unit credit:	5
SQCF Unit level:	6

Introduction

This unit is about preparing, processing and finishing marzipan, pastillage and sugar products, for example:

- cake decoration
- wedding cakes
- nougatine/croquante
- sugar base
- Italian meringue
- fudge

The preparation, processing and finishing techniques covered include:

- boiling
- dipping
- moulding
- pouring
- rolling
- mixing
- drying
- piping
- pulling
- manipulating
- blending (colour and flavour)
- cutting
- spreading
- spinning.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. What you should do if there are problems with the ingredients</p> <p>K3. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and processing methods: boiling, dipping, moulding, pouring, rolling, mixing, conditioning, piping, pulling, manipulating, blending (colour and flavour), cutting and spreading, spinning</p> <p>K4. How to carry out the following processing methods according to product requirements: boiling, dipping, moulding, pouring, rolling, mixing, conditioning, piping, pulling, manipulating, blending (colour and flavour), cutting and spreading, spinning</p> <p>K5. Times and temperatures for cooking</p> <p>K6. How to identify when pastillage and sugar products have the correct colour, flavour, texture and quantity</p> <p>K7. Common faults with sugar and pastillage products</p> <p>K8. How to correct the product to achieve requirements</p> <p>K9. Items that can be used to decorate products</p> <p>K10. How to decorate products</p> <p>K11. Current trends in relation to pastillage and sugar products</p> <p>K12. Healthy eating options when preparing, processing and finishing pastillage and sugar products</p> <p>K13. How to store pastillage and sugar products</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Countersigning internal verifier (if applicable): _____ Date: _____

Element 2FPC8/10

Prepare, process and finish marzipan, pastillage and sugar products

What you must cover

C1 Pastillage and sugar (at least **seven** from)

- a) Sugar paste/cover paste
- b) Marzipan
- c) Pastillage
- d) Royal icing
- e) Spun sugar
- f) Dipped fruit
- g) Italian meringue
- h) Fudge
- i) Poured sugar
- j) Rock sugar

C2 Preparation and processing methods (at least **nine** from)

- a) Boiling
- b) Dipping
- c) Moulding
- d) Pouring
- e) Rolling
- f) Mixing
- g) Drying
- h) Piping
- i) Pulling
- j) Manipulating
- k) Blending (colour and flavour)
- l) Cutting
- m) Spreading
- n) Spinning

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare and process the ingredients to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Make sure the pastillage and sugar products have the correct flavour, colour, texture and quantity									
6. Decorate and present pastillage and sugar products to meet requirements									
7. Safely store any processed pastillage and sugar product not for immediate use									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 2FPC8/10: Prepare, process and finish marzipan, pastillage and sugar products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Pastillage and sugar									
a) Sugar paste/cover paste									
b) Marzipan									
c) Pastillage									
d) Royal icing									
e) Spun sugar									
f) Dipped fruit									
g) Italian meringue									
h) Fudge									
i) Poured sugar									
j) Rock sugar									
C2 Preparation and processing methods									
a) Boiling									
b) Dipping									
c) Moulding									
d) Pouring									

Element 2FPC8/10: Prepare, process and finish marzipan, pastillage and sugar products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
e) Rolling									
f) Mixing									
g) Drying									
h) Piping									
i) Pulling									
j) Manipulating									
k) Blending (colour and flavour)									
l) Cutting									
m) Spreading									
n) Spinning									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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	P = products of the learner's work	WT = authentic statements/witness testimony
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	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 23:

Prepare, cook and present complex cold products

Unit code: 3FPC9/10

Unit credit: 5

SQCF Unit level: 6

Introduction

This unit is about producing complex cold products for example:

- cooked red meat
- cooked white meat
- joints of meat
- cooked poultry
- salads
- vegetables and fruit
- eggs
- farinaceous products
- fish (whole and portioned)
- game
- dairy products
- fungi
- rice
- pulses
- terrines
- pâté
- smoked items
- mousses
- cold savoury/buffet appetisers.

The preparation, cooking and finishing techniques covered include:

- boiling
- roasting
- combination cooking methods
- poaching (shallow and deep)
- baking
- steaming
- pressing and reforming
- shaping and moulding
- filleting
- de-boning
- skinning and trimming
- blending/liquidising
- rolling
- carving
- trussing and tying
- mincing and processing
- sieving

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. What you should do if there are problems with the ingredients</p> <p>K3. What the correct tools and equipment are and the reasons for using them when carrying out the necessary preparation, cooking, finishing and presenting methods</p> <p>K4. How to carry out the necessary preparation, cooking, finishing and presenting methods according to product requirements</p> <p>K5. How to identify when complex cold products have the correct colour, flavour, texture and quantity</p> <p>K6. Common faults with complex cold products</p> <p>K7. How to correct products to achieve requirements</p> <p>K8. Items that can be used to garnish products</p> <p>K9. How to garnish products and present complex cold products</p> <p>K10. How to deal with items returned from the buffet</p> <p>K11. Current trends in relation to complex cold products</p> <p>K12. How to store complex cold products</p> <p>K13. Healthy eating options when preparing, cooking and presenting complex cold products</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

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Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC9/10

Prepare, cook and present complex cold products

What you must cover

C1 Complex cold products (at least **16** from)

- a) Cooked red meat
- b) Cooked white meat
- c) Joints of meat
- d) Cooked poultry
- e) Salads
- f) Vegetables and fruit
- g) Eggs
- h) Farinaceous products
- i) Fish (whole and portioned)
- j) Game
- k) Dairy products
- l) Fungi
- m) Rice
- n) Pulses
- o) Terrines
- p) Pâté
- q) Smoked items
- r) Mousses
- s) Cold savoury/buffet appetisers

C2 Preparation, cooking and finishing methods (at least **11** from)

- a) Boiling
- b) Roasting
- c) Combination cooking methods
- d) Poaching (shallow and deep)
- e) Baking
- f) Steaming
- g) Pressing and reforming
- h) Shaping and moulding
- i) Filleting
- j) Deboning
- k) Skinning and trimming

- l) Blending/liquidising
- m) Rolling
- n) Carving
- o) Trussing and tying
- p) Mincing and processing
- q) Sieving

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare and cook the ingredients to meet requirements									
5. Make sure the complex cold products have the correct flavour, colour, texture and quantity									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Garnish and present complex cold products to meet requirements									
7. Make sure complex cold products are at the correct temperature for holding and serving									
8. Safely store any cooked complex cold product not for immediate use									

Additional evidence (if applicable):

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I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC9/10: Prepare, cook and present complex cold products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Complex cold products									
a) Cooked red meat									
b) Cooked white meat									
c) Joints of meat									
d) Cooked poultry									
e) Salads									
f) Vegetables and fruit									
g) Eggs									
h) Farinaceous products									
i) Fish (whole and portioned)									
j) Game									
k) Dairy products									
l) Fungi									
m) Rice									
n) Pulses									
o) Terrines									
p) Pâté									

Element 3FPC9/10: Prepare, cook and present complex cold products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
q) Smoked items									
r) Mousses									
s) Cold savoury/buffet appetisers									
C2 Preparation, cooking and finishing methods									
a) Boiling									
b) Roasting									
c) Combination cooking methods									
d) Poaching (shallow and deep)									
e) Baking									
f) Steaming									
g) Pressing and reforming									
h) Shaping and moulding									
i) Filleting									
j) Deboning									

Element 3FPC9/10: Prepare, cook and present complex cold products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
k) Skinning and trimming									
l) Blending/liquidising									
m) Rolling									
n) Carving									
o) Trussing and tying									
p) Mincing and processing									
q) Sieving									

Additional evidence (if applicable):

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Unit 24:

Prepare, finish and present canapés and cocktail products

Unit code: 3FPC10/10

Unit credit: 4

SQCF Unit level: 5

Introduction

This unit is about producing canapés and cocktail products for example:

- canapés
- filled short pastry items
- filled puff pastry items
- filled choux items
- cocktail brochettes
- bouchées

The preparation, finishing and presentation techniques covered include:

- baking
- slicing
- filling
- pouring
- mixing
- chilling
- cutting
- piping
- spreading
- skewering

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet product requirements</p> <p>K2. What you should do if there are problems with the ingredients</p> <p>K3. What the correct tools and equipment are and the reasons for using them when carrying out the necessary preparation, cooking, finishing and presenting methods</p> <p>K4. How to carry out the necessary preparation, cooking, finishing and presenting methods according to product requirements</p> <p>K5. How to identify when canapés and cocktail products have the correct colour, flavour, texture and quantity</p> <p>K6. Common faults with canapés and cocktail products</p> <p>K7. How to correct products to achieve requirements</p> <p>K8. Items that can be used to decorate products</p> <p>K9. How to decorate products and present canapés and cocktail products</p> <p>K10. How to deal with items returned from the buffet</p> <p>K11. Current trends in relation to canapés and cocktail products</p> <p>K12. How to store canapés and cocktail products</p> <p>K13. Healthy eating options when preparing, finishing and presenting canapés and cocktail products.</p>		

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC10/10

Prepare, finish and present canapés and cocktail products

What you must cover

C1 Canapés and cocktail products (at least **four** from)

- a) Canapés
- b) Filled short pastry items
- c) Filled puff pastry items
- d) Filled choux items
- e) Cocktail brochettes
- f) Bouchées

C2 Preparation, cooking and finishing methods (at least **seven** from)

- a) Baking
- b) Slicing
- c) Filling
- d) Pouring
- e) Mixing
- f) Chilling
- g) Cutting
- h) Piping
- i) Spreading
- j) Skewering

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the product									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare and finish the ingredients to meet requirements									
5. Make sure the canapés and cocktail products have the correct flavour, colour, texture and quantity									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Decorate and present canapés and cocktail products to meet requirements									
7. Make sure canapés and cocktail products are at the correct temperature for holding and serving									
8. Safely store any cooked canapés and cocktail products not for immediate use									

Additional evidence (if applicable):

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Element 3FPC10/10: Prepare, finish and present canapés and cocktail products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Canapés and cocktail products									
a) Canapés									
b) Filled short pastry items									
c) Filled puff pastry items									
d) Filled choux items									
e) Cocktail brochettes									
f) Bouchées									
C2 Preparation, cooking and finishing methods									
a) Baking									
b) Slicing									
c) Filling									
d) Pouring									
e) Mixing									
f) Chilling									
g) Cutting									

Element 3FPC10/10: Prepare, finish and present canapés and cocktail products

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
h) Piping									
i) Spreading									
j) Skewering									

Additional evidence (if applicable):

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Candidate signature: _____ Date: _____

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Countersigning assessor signature (if applicable): _____ Date: _____

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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 25:

Prepare, cook and finish dressings and cold sauces

Unit code: 3FPC11/10

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing dressings and cold sauces, for example:

- tartare sauce
- Cumberland sauce
- English sauces such as horseradish
- emulsified egg-based sauces
- oil-based dressing
- fruit/pulse/vegetable thickening sauces
- cream thickening sauces
- sour cream/yoghurt based
- coulis

The preparation and cooking techniques covered include:

- weighing and measuring
- boiling
- simmering
- reducing
- chopping
- whisking
- blanching
- sieving/stirring
- liquidising/blending
- emulsifying
- processing

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. How to select the correct type, quality and quantity of ingredients to meet dish requirements</p> <p>K2. What quality points to look for in dressings/sauce ingredients</p> <p>K3. What you should do if there are problems with the ingredients</p> <p>K4. What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and cooking methods: weighing, measuring, chopping, simmering, reducing, boiling, passing/straining/blending, liquidising, whisking, blanching, sieving, emulsifying, processing</p> <p>K5. The correct temperatures for cooking dressings/sauces</p> <p>K6. How to identify when dressings/sauces have the correct colour, flavour, colour, consistency and quantity</p> <p>K7. How to present cooked dressings/sauces</p> <p>K8. How to adjust the taste and flavour of dressings and cold sauces</p> <p>K9. How to carry out the following cooking methods according to dish requirements: weighing/measuring, chopping, simmering, reducing, boiling, whisking, blanching, sieving, passing/straining/blending, liquidising, emulsifying and processing</p> <p>K10. The appropriate accompaniments and garnishes for different dressings and cold sauces</p> <p>K11. What quality points relate to dressings and cold sauces</p> <p>K12. How to store dressings and cold sauces</p> <p>K13. Healthy eating options when preparing, cooking and finishing dressings and cold sauces</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC11/10

Prepare, cook and finish dressings and cold sauces

What you must cover

C1 Preparation and cooking methods (at least **eight** from)

- a) Weighing and measuring
- b) Boiling
- c) Simmering
- d) Reducing
- e) Chopping
- f) Whisking
- g) Blanching
- h) Sieving/stirring
- i) Liquidising/blending
- j) Emulsifying
- k) Processing

C2 Sauces (at least **five** from)

- a) derivative of mayonnaise
- b) coulis
- c) egg and oil emulsion
- d) flavoured oil based dressing
- e) sour cream/yoghurt based
- f) fruit/vegetable thickened – e.g. dips

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the sauce									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use tools and equipment correctly									
4. Prepare and cook the dressing/sauce to meet requirements									
5. Make sure the dressing/sauce has the correct flavour, colour, consistency and quantity									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Finish and present the dressing/sauce to meet requirements									
7. Safely store any cooked dressing/sauce not for immediate use									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC11/10: Prepare, cook and finish dressings and cold sauces

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Preparation and cooking methods									
a) Weighing and measuring									
b) Boiling									
c) Simmering									
d) Reducing									
e) Chopping									
f) Whisking									
g) Blanching									
h) Sieving/stirring									
i) Liquidising/blending									
j) Emulsifying									
k) Processing									
C2 Sauces									
a) derivative of mayonnaise									
b) Coulis									
c) egg and oil emulsion									

Element 3FPC11/10: Prepare, cook and finish dressings and cold sauces

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
d) flavoured oil based dressing									
e) sour cream/yoghurt based									
f) fruit/vegetable thickened – e.g. dips									

Additional evidence (if applicable):

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Unit 26:

Prepare, cook and finish complex hot desserts

Unit code: 3FPC12/10

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking and finishing complex hot desserts, for example:

- hot soufflés
- paste-based desserts
- fruit-based desserts
- sponge-based desserts

The preparation, cooking and finishing techniques covered include:

- creaming
- folding
- aeration
- use of moulds
- incorporating fat
- separation/combining of colours, flavours and ingredients
- steaming
- deep fat frying
- bain-marie
- baking
- microwaving
- gratinating
- cooling
- piping
- de-moulding
- glazing
- portioning

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. What the quality points are relating to the main ingredients</p> <p>K2. How to control portions and minimise waste</p> <p>K3. The appropriate preparation methods for the different complex hot desserts</p> <p>K4. The effects of various temperatures and humidity on ingredients used</p> <p>K5. What the correct tools and equipment are and the reasons for using them when preparing complex hot desserts</p> <p>K6. The types of problems that may occur when preparing hot desserts and how to deal with these correctly</p> <p>K7. Which cooking methods relate to each type of complex hot dessert</p> <p>K8. How to minimise common faults</p> <p>K9. What the quality points are relating to the finished product</p> <p>K10. The finishing methods appropriate for each type of product</p> <p>K11. The types of problems that may occur when cooking hot desserts and how to deal with these correctly</p> <p>K12. Healthy eating options when preparing and cooking complex hot desserts</p>		

Additional evidence (if applicable):

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Element 3FPC12/10

Prepare, cook and finish complex hot desserts

What you must cover

C1 Desserts (at least **three** from)

- a) Hot soufflés
- b) Paste based
- c) Fruit-based desserts
- d) Sponge-based desserts

C2 Preparation methods (at least **five** from)

- a) Creaming
- b) Folding
- c) Aeration
- d) Use of moulds
- e) Incorporating fat
- f) Separation/combining of colours/flavours/ingredients

C3 Cooking methods (at least **four** from)

- a) Steaming
- b) Deep fat frying
- c) Bain-marie
- d) Baking
- e) Microwaving

C4 Finishing methods (at least **five** from)

- a) Gratinating
- b) Cooling
- c) Piping
- d) De-moulding
- e) Glazing
- f) Portioning

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the dessert									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use the tools and equipment correctly									
4. Prepare and cook the ingredients to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Make sure the dessert has the correct colour, texture and finish									
6. Finish and present the dessert to meet requirements									
7. Make sure the dessert is at the correct temperature for holding and serving									
8. Safely store any dessert not for immediate use									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Element 3FPC12/10: Prepare, cook and finish complex hot desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Desserts									
a) Hot soufflés									
b) Paste based									
c) Fruit-based desserts									
d) Sponge-based desserts									
C2 Preparation methods									
a) Creaming									
b) Folding									
c) Aeration									
d) Use of moulds									
e) Incorporating fat									
f) Separation/ combining of colours/flavours/ ingredients									
C3 Cooking methods									
a) Steaming									
b) Deep fat frying									

Element 3FPC12/10: Prepare, cook and finish complex hot desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
c) Bain-marie									
d) Baking									
e) Microwaving									
C4 Finishing methods									
a) Gratinating									
b) Cooling									
c) Piping									
d) De-moulding									
e) Glazing									
f) Portioning									

Additional evidence (if applicable):

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Countersigning internal verifier (if applicable): _____ Date: _____

Unit 27:

Prepare, cook and finish complex cold desserts

Unit code: 3FPC13/10

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about preparing, cooking, processing and finishing complex cold desserts, for example:

- cheesecake
- mousses
- meringues
- sorbets

The preparation, cooking, processing and finishing techniques covered include:

- creaming
- aeration
- combining
- sieving/passing
- puréeing
- folding
- addition of flavours/colours
- straining
- poaching
- baking
- boiling
- steaming
- de-moulding
- freezing
- refrigeration
- chilling
- cooling
- stacking
- portioning
- cutting
- piping

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. What the correct tools and equipment are and the reasons for using them when preparing complex cold desserts</p> <p>K2. How to control portions and minimise waste</p> <p>K3. The appropriate preparation methods for the different complex cold desserts</p> <p>K4. The types of problems that may occur when preparing cold desserts and how to deal with these correctly</p> <p>K5. What the processing methods appropriate to each type of product are</p> <p>K6. The quality points relating to processed and finished products</p> <p>K7. How to adjust flavours and minimise common faults</p> <p>K8. The types of problems that may occur when cooking and processing cold desserts and how to deal with these correctly</p> <p>K9. Healthy eating options when preparing and cooking complex cold desserts</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Element 3FPC13/10

Prepare, cook and finish complex cold desserts

What you must cover

C1 Desserts (at least **four** from)

- a) Egg-based set
- b) Mousses/cold soufflés
- c) Meringue based
- d) Cheesecake
- e) Paste based goods
- f) Fruit/crème bavarois
- g) Ice cream based/sorbet based

C2 Preparation methods (at least **five** from)

- a) Creaming
- b) Aeration
- c) Combining
- d) Sieving/passing
- e) Pureeing
- f) Folding
- g) Addition of colours/flavours
- h) Straining

C3 Cooking methods (at least **two** from)

- a) Poaching
- b) Baking
- c) Boiling
- d) Steaming

C4 Processing methods (at least **three** from)

- a) De-moulding
- b) Freezing
- c) Refrigeration
- d) Chilling

C5 Finishing methods (at least **five** from)

- a) Cooling
- b) Stacking
- c) Glazing
- d) Filling
- e) Portioning
- f) Cutting
- g) Piping

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the dessert									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use the tools and equipment correctly									
4. Prepare and cook the ingredients to meet requirements									
5. Process the dessert to meet dish requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Make sure the dessert has the correct colour, texture and finish									
7. Finish and present the dessert to meet requirements									
8. Make sure the dessert is at the correct temperature for holding and serving									
9. Safely store any dessert not for immediate use									

Additional evidence (if applicable):

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Element 3FPC13/10: Prepare, cook and finish complex cold desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Desserts									
a) Egg-based set									
b) Mousses/cold soufflés									
c) Meringue based									
d) Cheesecake									
e) Paste based goods									
f) Fruit/crème bavaois									
g) Ice cream based/sorbet based									
C2 Preparation methods									
a) Creaming									
b) Aeration									
c) Combining									
d) Sieving/passing									
e) Pureeing									
f) Folding									
g) Addition of colours/flavours									
h) Straining									

Element 3FPC13/10: Prepare, cook and finish complex cold desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C3 Cooking methods									
a) Poaching									
b) Baking									
c) Boiling									
d) Steaming									
C4 Processing methods									
a) De-moulding									
b) Freezing									
c) Refrigeration									
d) Chilling									
C5 Finishing methods									
a) Cooling									
b) Stacking									
c) Glazing									
d) Filling									
e) Portioning									
f) Cutting									
g) Piping									

Additional evidence (if applicable):

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Unit 28: Produce sauces, fillings and coatings for complex desserts

Unit code: 3FPC14/10

Unit credit: 4

SQCF Unit level: 6

Introduction

This unit is about producing sauces, fillings and coatings, for example:

- syrups
- butter cream
- sugar glazes.

The preparation, cooking and finishing techniques covered include:

- mixing
- whisking
- boiling
- separating
- creaming
- reducing
- liquidising
- blending
- addition of colouring
- emulsifying
- addition of flavouring.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. What the quality points are relating to finished sauces, fillings and coatings</p> <p>K2. What the correct tools and equipment are and the reasons for using them when producing sauces, fillings and coatings for complex desserts</p> <p>K3. The required consistency of finished sauces, fillings and coatings</p> <p>K4. How to adjust flavours and minimise common faults</p> <p>K5. The effects of various temperatures and humidity on the ingredients used</p> <p>K6. What the uses are for various sauces, fillings and coatings</p> <p>K7. The types of problems that may occur with sauces, fillings and coatings and how to deal with these correctly</p> <p>K8. Healthy eating options producing sauces, fillings and coatings</p>		

Additional evidence (if applicable):

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Element 3FPC14/10

Produce sauces, fillings and coatings for complex desserts

What you must cover

C1 Sauces, fillings and coatings (at least **eight** from)

- a) Crème anglaise
- b) Sabayon
- c) Fruit coulis
- d) Ganache
- e) Crème chantilly
- f) Preserves
- g) Fruit glazes
- h) Crème patisserie
- i) Syrups
- j) Butter cream
- k) Royal icing
- l) Jams
- m) Sugar glazes

C2 Preparation methods (at least **four** from)

- a) Mixing
- b) Whisking
- c) Boiling
- d) Separating
- e) Creaming

C3 Processing methods (at least **five** from)

- a) Reducing
- b) Liquidising
- c) Blending
- d) Addition of colouring
- e) Emulsifying
- f) Addition of flavouring

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Select the type and quantity of ingredients needed for the sauces, fillings and coatings									
2. Check the ingredients to make sure they meet quality standards									
3. Choose and use the tools and equipment correctly									
4. Prepare and process the ingredients to meet requirements									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Make sure the sauces, fillings and coatings have the correct colour, texture and finish									
6. Finish and present the sauces, fillings and coatings to meet requirements									
7. Make sure the sauces, fillings and coatings are at the correct temperature for holding and serving									
8. Safely store any sauces, fillings and coatings not for immediate use									

Additional evidence (if applicable):

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Element 3FPC14/10: Produce sauces, fillings and coatings for complex desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Sauces, fillings and coatings									
a) Crème anglaise									
b) Sabayon									
c) Fruit coulis									
d) Ganache									
e) Crème chantilly									
f) Preserves									
g) Fruit glazes									
h) Crème patisserie									
i) Syrups									
j) Butter cream									
k) Royal icing									
l) Jams									
m) Sugar glazes									
C2 Preparation methods									
a) Mixing									
b) Whisking									

Element 3FPC14/10: Produce sauces, fillings and coatings for complex desserts

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
c) Boiling									
d) Separating									
e) Creaming									
C3 Processing methods									
a) Reducing									
b) Liquidising									
c) Blending									
d) Addition of colouring									
e) Emulsifying									
f) Addition of flavouring									

Additional evidence (if applicable):

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What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. The importance of having food safety procedures</p> <p>K2. The types of food safety hazards (microbiological, physical, chemical and allergenic).</p> <p>K3. The principal causes of food safety hazards (eg human factors (including lack of effective supervision), lack of labelling information, supplier quality, cross contamination, premises and waste, personal health, handling issues and pests)</p> <p>K4. The significant food safety hazards in your workplace.</p> <p>K5. The conditions that affect microbial growth.</p> <p>K6. The principal methods of controlling significant food safety hazards.</p> <p>K7. The current food safety legislation requirements affecting your responsibilities.</p> <p>K8. Your responsibilities under your organisation's food safety procedures and how to implement these including: a) helping to check the procedures; b) assisting with hazard analysis; c) allocating and supervising food safety responsibilities; d) identifying and meeting staff training needs; e) reporting to management; f) ensuring the proper application and monitoring of control measures; g) monitoring of control measures; h) ensuring corrective action is taken when control measures fail i) following recording procedures.</p> <p>K9. The range of good hygiene practices relevant to your work and why they are important including: a) premises workplace design/layout; b) pest control measures c) surface cleaning methods and wash-up; d) temperature control during delivery, storage, preparation, cooking, cooling, re-heating, holding and service; e) waste disposal f) protective clothing; g) prevention of cross contamination h) personal hygiene practices;i) treatment of cuts, abrasions, septic wounds and protection of food j) avoidance of gastric illness; k) equipment and facilities.</p> <p>K10. The basic principles of good workplace design and layout</p>		

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K11. The dangers of pest infestation and effective control measures</p> <p>K12. Effective equipment and surface cleaning methods and why these are important</p> <p>K13. The importance of food temperature control</p> <p>K14. Temperature levels and controls for the types of food you are responsible for during: delivery; storage; preparation; cooking; cooling and reheating; holding and service</p> <p>K15. The importance of hygienic and effective waste disposal and the correct methods to control waste</p> <p>K16. The dangers of cross-contamination and methods you can use to eliminate these for any type of food safety hazard</p> <p>K17. Personal hygiene practices that your staff should follow according to operational requirements including: hand washing; wearing of protective clothing, footwear and headgear; wearing of jewellery and accessories; treatment and covering of cuts, boils, grazes and wounds; reporting of illnesses and infections to the appropriate person</p> <p>K18. How to communicate responsibilities for food safety procedures to staff and make sure they understand these</p> <p>K19. How to ensure that staff receive appropriate training to meet their food safety responsibilities according to your level of responsibility and autonomy</p> <p>K20. The types of failures that may occur with control measures and the corrective actions to take for these</p> <p>K21. The importance of providing feedback to the person responsible for the food safety procedures and the types of issues you should communicate</p> <p>K22. The importance of being constantly alert to the possibility of food safety hazards in your area of responsibility and how to look out for these</p> <p>K23. Common examples of food safety hazards in the following groups: microbiological; physical; chemical; allergenic</p>		

Knowledge	Type of evidence	Date
For the whole unit		
K24. The indicators of food safety hazards in your area of responsibility (e.g. food spoilage, temperature controls, condition of premises)		
K25. The control measures appropriate to these indicators of food safety hazards		
K26. The importance of contributing to the evaluation of the food safety procedures		

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Behaviours which underpin Effective Performance

- a) You identify people's information needs.
- b) You present information clearly, concisely, accurately and in ways that promote understanding.
- c) You clearly agree what is expected of others and hold them to account.
- d) You are vigilant for possible hazards.
- e) You identify the implications or consequences of a situation.
- f) You confront performance issues and resolve them directly with the people involved.
- g) You give people opportunities to provide feedback and you respond appropriately.
- h) You reflect regularly on your own and others' experiences, and use these to inform future action.
- i) You check individual's commitment to their roles in a specific course of action.
- j) You use cost-effective, time-effective and ethical means to gather, store and retrieve information.
- k) You make best use of available resources and proactively seek new sources of support when necessary.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Make sure you have relevant information about food safety procedures and are interpreting your responsibilities correctly									
2. Make sure that good hygiene practices are in place									
3. Carry out your own responsibilities for the implementation of food safety procedures									
4. Provide feedback to the person responsible for your organisation's food safety procedures on their effectiveness									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Monitor and be constantly alert to the possibility of food safety hazards in your area of responsibility									
6. Identify indicators of potential sources of food safety hazards									
7. Identify food safety hazards and appropriate control measures									
8. Report any new potential food safety hazards for review and evaluation of food safety procedures to the person responsible									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
a) You identify people's information needs.									
b) You present information clearly, concisely, accurately and in ways that promote understanding.									
c) You clearly agree what is expected of others and hold them to account.									
d) You are vigilant for possible hazards.									
e) You identify the implications or consequences of a situation.									
f) You confront performance issues and resolve them directly with the people involved.									
g) You give people opportunities to provide feedback and you respond appropriately.									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
h) You reflect regularly on your own and others' experiences, and use these to inform future action.									
i) You check individual's commitment to their roles in a specific course of action.									
j) You use cost-effective, time-effective and ethical means to gather, store and retrieve information.									
k) You make best use of available resources and proactively seek new sources of support when necessary									

Additional evidence (if applicable):

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Unit 30:

Contribute to the control of resources

Unit code: HSL3

Unit credit: 6

SQCF Unit level: 7

Introduction

This unit is about ensuring that you and staff you are responsible for use resources effectively and efficiently, without undue waste. It covers obtaining supplies, checking equipment, monitoring the use of resources and keeping records.

This unit is a sector specific unit. This unit is linked to all other units in the Hospitality Supervision and Leadership suite of standards and has particular links with HSL28.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. The equipment, colleagues and supplies that are used in your area of responsibility</p> <p>K2. How to check the resources that are currently available to you and make sure they are suitable for the work you have to carry out</p> <p>K3. The importance of working within agreed spending limits</p> <p>K4. Procedures that need to be followed if you need to go beyond agreed spending limits</p> <p>K5. A basic awareness of the cost of the resources you use and the organisation's financial targets</p> <p>K6. A basic awareness of the impact that using some resources can have on the environment</p> <p>K7. Your organisation's policies for ordering, using resources, controlling waste and recycling</p> <p>K8. The health and safety requirements for the resources that you are responsible for</p> <p>K9. How to ensure that the resources that you are responsible for are stored and handled correctly, safely and securely as appropriate</p> <p>K10. Who the organisation's regular suppliers are</p> <p>K11. Who is responsible for ordering supplies</p> <p>K12. What the normal consumption levels are</p> <p>K13. How to work out what resources you will need for your work</p> <p>K14. How to collect information on resources that are available to you</p> <p>K15. The correct procedures to follow to obtain required resources</p> <p>K16. How to store resources</p> <p>K17. The appropriate lifting methods/techniques for moving resources</p>		

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K18. Why it is important to get management approval when you need to go beyond your agreed spending limits and how to do so</p> <p>K19. What records on the use of resources are required by your organisation</p> <p>K20. The advantages of using computerised stock control systems</p> <p>K21. How to count, check and monitor the use of resources and why this is important</p> <p>K22. The importance of keeping waste to a minimum and how to do so</p> <p>K23. How to encourage efficient use of resources for the benefit of your organisation and the wider environment</p> <p>K24. How to motivate others to use resources efficiently</p> <p>K25. How to present recommendations to decision makers</p>		

Additional evidence (if applicable):

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Behaviours which underpin Effective Performance

- a) You make best use of available resources and proactively seek new sources of support when necessary.
- b) You prioritise objectives and plan work to make the best use of time and resources.
- c) You recognise changes in circumstances promptly and adjust plans and activities accordingly.
- d) You take personal responsibility for making things happen.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Identify the resources available to you.									
2. Identify the resources you need for your work and follow the correct procedures for obtaining them.									
3. Deal with any problems in obtaining resources, following agreed procedures and keeping relevant people informed.									
4. Check the quality, quantity and suitability of resources before you need to use them.									
5. Make sure equipment and materials are correctly stored and maintained.									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
6. Encourage your colleagues to make efficient use of resources and to minimise waste.									
7. Monitor the use of resources in your area of responsibility.									
8. Make sure that resources are used effectively, efficiently and in line with organisational and legal requirements.									
9. Identify ways of making better use of resources and action or pass on the information according to your organisational requirements.									
10. Keep your records about resources up-to-date, accurate and in the specified place.									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
a) You make best use of available resources and proactively seek new sources of support when necessary.									
b) You prioritise objectives and plan work to make the best use of time and resources.									
c) You recognise changes in circumstances promptly and adjust plans and activities accordingly.									
d) You take personal responsibility for making things happen.									

Additional evidence (if applicable):

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Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Unit 31:

Contribute to the development of recipes and menus

Unit code: HSL9

Unit credit: 3

SQCF Unit level: 6

Introduction

This unit is about developing or introducing new menu items. It involves researching, implementation and review.

This unit is a sector specific unit and has particular links with the following units in the Hospitality Supervision and Leadership suite of standards: HSL1—7, HSL28, HSL30 and HSL31.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. What the existing style and policy of your organisation is in relation to recipes and menus</p> <p>K2. How location and styles of operation can affect proposed menu items</p> <p>K3. What the concept of a balanced diet is and why it is important to good health</p> <p>K4. Current government guidelines for healthy eating and how to stay abreast of this information</p> <p>K5. The types, combinations and proportions of ingredients that make up a healthy dish and how to select them</p> <p>K6. The nutritional benefits of minimising the fat, sugar and salt content of dishes</p> <p>K7. The nutritional benefits of starchy foods, fruit, vegetables and pulses</p> <p>K8. Healthier flavourings that can be used as alternatives to salt and sugar</p> <p>K9. The affect supplier choice can have on food quality and how to identify and assess suitability of suppliers or supply sources</p> <p>K10. Who to consult to gain feedback on proposed recipes</p> <p>K11. How to carry out and evaluate test runs of recipes</p> <p>K12. How to record information relating to proposed recipes</p> <p>K13. Who to make records of proposed recipes available to</p> <p>K14. What quality standards are required for each recipe item you are considering including</p> <p>K15. How to assess the quality of potential ingredients</p> <p>K16. How available equipment can affect the production of food items</p>		

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K17. The factors that need to be considered in identifying presentation, holding and distribution methods</p> <p>K18. How to cost proposed recipes and work out gross profit</p> <p>K19. What lead times are required by your organisation for the implementation of new menu items</p> <p>K20. Why staff skills should be assessed prior to proposing new recipes and menu items</p> <p>K21. What training may be needed to support the implementation of new menu items</p> <p>K22. How to brief your staff on new menu items and implementation plans</p> <p>K23. How to gain feedback from your staff on operational problems which may arise</p> <p>K24. How to estimate lead times for the preparation of new menu items</p> <p>K25. How to allocate resources to your staff to enable them to implement new menu items</p> <p>K26. Why measures should be closely monitored when introducing new items</p> <p>K27. Why it is important to gain feedback from customers on new items and ways of doing this</p>		

Additional evidence (if applicable):

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	O = direct observation of the learner's performance by their assessor	PD = professional discussion
Column key:	Q&A = outcomes from oral or written questioning	A = assignment, project/case studies
	P = products of the learner's work	WT = authentic statements/witness testimony
	RA = personal statements and/or reflective accounts	EPW = expert witness testimony
	S = outcome from simulation, where permitted by the assessment strategy	RPL = evidence of recognition of prior learning

I confirm that the evidence detailed in this Unit is my own work and meets the requirements of the National Occupational Standards.

Candidate signature: _____ Date: _____

I confirm that the candidate has achieved all the requirements of this Unit.

Assessor signature: _____ Date: _____

Countersigning assessor signature (if applicable): _____ Date: _____

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Internal verifier signature: _____ Date: _____

Countersigning internal verifier (if applicable): _____ Date: _____

Behaviours which underpin Effective Performance

- a) You develop and monitor products that are sustainable over the medium and long term.
- b) You identify and work with people and organisations that can provide support for your work.
- c) You make best use of existing sources of information.
- d) You check the validity and reliability of information.
- e) You recognise the opportunities presented by the diversity of people.
- f) You present information clearly, concisely, accurately and in ways that promote understanding.
- g) You keep people informed of plans and developments.

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Take account of food combinations, flavours and dietary requirements when introducing new recipe and menu suggestions									
2. Calculate ingredient ratios, cooking times and temperatures for producing the recipe in varying quantities									
3. Identify suitable suppliers or supply sources									
4. Identify methods of presenting, holding and distributing the product									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
5. Cost recipe suggestions and take account of available resources									
6. Register and pass on relevant information about the suitability of the new menu item according to organisational systems in your place of work									
7. Offer suggestions on menu layout and presentation									
8. Introduce recipe suggestions in accordance with the style and policy of your organisation, available resources and the expectations and standards of your customers									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
9. Make sure staff have the information, skills and resources required to support the introduction of the new menu item, according to the individual jobs that they do									
10. Collect and take account of feedback from staff and customers									

Behaviours which underpin Effective Performance	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
a) You develop and monitor products that are sustainable over the medium and long term.									
b) You identify and work with people and organisations that can provide support for your work.									
c) You make best use of existing sources of information.									
d) You check the validity and reliability of information.									
e) You recognise the opportunities presented by the diversity of people.									
f) You present information clearly, concisely, accurately and in ways that promote understanding.									
g) You keep people informed of plans and developments.									

Additional evidence (if applicable):

--

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Unit 32:

Produce healthier dishes

Unit code: 2PR17

Unit credit: 3

SQCF Unit level: 5

Introduction

This unit is about preparing, cooking and finishing dishes which use healthier ingredients and healthier preparation, cooking and finishing techniques.

What you must know

To achieve this element you must give sufficient evidence to demonstrate your knowledge and understanding for each standard.

Knowledge	Type of evidence	Date
<p>For the whole unit</p> <p>K1. The concepts of a balanced diet and why this is important to good health</p> <p>K2. Current government guidelines for healthy eating</p> <p>K3. The types and combinations of ingredients that make up a healthy dish</p> <p>K4. The nutritional benefits of minimising the fat, sugar and salt content of dishes</p> <p>K5. The nutritional benefits of starchy foods, fruit, vegetables and pulses</p> <p>K6. How to read and interpret food labelling</p> <p>K7. How to select types, combinations and proportions of ingredients that will make up a healthy dish</p> <p>K8. Techniques you can use to prepare ingredients in a healthier way</p> <p>K9. Techniques you can use to cook the dish in a way that maximises its nutritional value</p> <p>K10. Healthier flavourings that can be used as alternatives to salt and sugar</p> <p>K11. Why it is important to present healthier dishes to customers in an attractive way and how to do so</p> <p>K12. Why it is important to provide the customer with their choice of sauces, dressing, toppings and condiments</p> <p>K13. Healthier types of sauces, dressings, toppings and condiments that the customer may wish to use as an alternative</p>		

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Element 2PR17

Produce healthier dishes

What you must cover

C1 Dish (at least **four** from)

- a) Meat/poultry
- b) Fish
- c) Vegetables/fruit
- d) Eggs
- e) Pasta/rice/grain/pulses
- f) Soups/sauces
- g) Pastry
- h) Bread/dough
- i) Sponges/cakes/biscuits/scones

What you must do

To achieve this element you must give sufficient evidence to demonstrate your competence for each standard.

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
1. Check the ingredients meet dish requirements									
2. Prepare the ingredients in a way that minimises fat, salt and sugar content and maximises fibre content									
3. Cook the dish in a way that maximises its nutritional value									

Practical	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date	Type of evidence	Portfolio Reference	Date
To meet the national standard you must:									
4. Use flavourings that minimise the use of salt or sugar									
5. Present the dish in a way that will be attractive to the customer									
6. Allow the customer to choose what sauces, dressings, toppings or condiments to add to the dish									

Additional evidence (if applicable):

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Element 2PR17: Produce healthier dishes

What you must cover:

(Assessor to record range with reference to element requirements)

Practical	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date	Type of evidence	Portfolio reference	Date
C1 Dish									
a) Meat/poultry									
b) Fish									
c) Vegetables/fruit									
d) Eggs									
e) Pasta/rice/grain/pulses									
f) Soups/sauces									
g) Pastry									
h) Bread/dough									
i) Sponges/cakes/biscuits/scones									

Additional evidence (if applicable):

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Column key:	O = direct observation of the learner's performance by their assessor	PD = professional discussion
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Annexe A

Evidence Requirements

SVQ3 Professional Cookery Units at SCQF level 6

Sufficiency of Evidence

There must be sufficient evidence to ensure that the candidate can achieve the standard over a period of time in the workplace or approved realistic working environment. This must be achieved through direct assessment by the assessor or through the use of authentic witness testimony.

What you have to KNOW

For those knowledge statements that relate to how the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In all other cases, evidence of the candidate's knowledge and understanding must be gathered by oral or written questioning.

SVQ3 Professional Cookery unit titles

Evidence requirements are included in this document for the following units:

- 3FP1/10 Prepare fish for complex dishes
- 3FP2/10 Prepare shellfish for complex dishes
- 3FP3/10 Prepare meat for complex dishes
- 3FP4/10 Prepare poultry for complex dishes
- 3FP5/10 Prepare game for complex dishes
- 3FC1/10 Cook and finish complex fish dishes
- 3FC2/10 Cook and finish complex shellfish dishes
- 3FC3/10 Cook and finish complex meat dishes
- 3FC4/10 Cook and finish complex poultry dishes
- 3FC5/10 Cook and finish complex game dishes
- 3FC6/10 Cook and finish complex vegetable dishes
- 3FPC1/10 Prepare, cook and finish complex hot sauces
- 3FPC2/10 Prepare, cook and finish complex soups
- 3FPC3/10 Prepare, cook and finish fresh pasta dishes
- 3FPC4/10 Prepare, cook and finish complex bread and dough products
- 3FPC5/10 Prepare, cook and finish complex cakes, biscuits, sponges and scones
- 3FPC6/10 Prepare, cook and finish complex pastry products
- 3FPC7/10 Prepare, process and finish chocolate products
- 3FPC8/10 Prepare, process and finish marzipan, pastillage and sugar products

SVQ3 Professional Cookery unit titles

3FPC9/10	Prepare, cook and present complex cold products
3FPC10/10	Prepare, finish and present canapés and cocktail products
3FPC11/10	Prepare, cook and finish dressings and cold sauces
3FPC12/10	Prepare and cook complex hot desserts
3FPC13/10	Prepare and cook complex cold desserts
3FPC14/10	Produce sauces, fillings and coatings for complex desserts

Unit 3FP1/10	Prepare fish for complex dishes
What you must DO for 3FP1/10	The assessor <u>must</u> assess statements 1-5 by directly observing the candidate's work.
What you must COVER for 3FP1/010	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least three from fish <ul style="list-style-type: none"> a) white fish - round b) white fish - flat c) oily • at least seven from prepare by, which must include at least four from cutting <ul style="list-style-type: none"> a) gutting b) filleting c) cutting <ul style="list-style-type: none"> - darne - goujons - plait - paupiette - supreme - trançon d) trimming e) skinning f) marinading g) coating h) topping (for example with herb crust) i) covering (for example, en croûte) <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FP2/10	Prepare shellfish for complex dishes
What you must DO for 3FP2/10	The assessor <u>must</u> assess statements 1-5 by directly observing the candidate's work.
What you must COVER for 3FP2/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least five from shellfish <ul style="list-style-type: none"> a) oysters b) crabs c) prawns/shrimps d) langoustines e) lobsters/crawfish f) crayfish g) scampi/Dublin Bay prawns h) mussels i) scallops j) cockles/clams • at least four from prepare by <ul style="list-style-type: none"> a) trimming b) shelling c) washing d) marinading e) coating f) blending g) cutting <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FP3/10	Prepare meat for complex dishes
What you must DO for 3FP3/10	The assessor <u>must</u> assess statements 1-5 by directly observing the candidate's work.
What you must COVER for 3FP3/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • both from meat • a) red meat b) white meat • at least six from prepare by <ul style="list-style-type: none"> a) boning b) trimming c) rolling d) tenderising e) chining f) tying g) larding/barding h) portioning by weight i) portioning for dish j) slicing k) mincing l) seasoning/marinading <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FP4/10	Prepare poultry for complex dishes
What you must DO for 3FP4/10	The assessor <u>must</u> assess statements 1-5 by directly observing the candidate's work.
What you must COVER for 3FP4/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least three from poultry <ul style="list-style-type: none"> a) duck b) guinea fowl c) goose d) chicken e) turkey • at least seven from prepare by <ul style="list-style-type: none"> a) checking and preparing the cavity b) boning c) seasoning d) marinading e) trimming f) cutting g) ballotine h) blending i) sieving j) stuffing/filling k) tying/trussing <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FP5/10	Prepare game for complex dishes
What you must DO for Element 3FP5/05.1	The assessor <u>must</u> assess statements 1-5 by directly observing the candidate's work.
What you must COVER for 3FP5/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least both from game <ul style="list-style-type: none"> a) in fur b) in feather • at least six from prepare by <ul style="list-style-type: none"> a) skinning b) plucking c) checking for and removing shot d) washing e) seasoning f) marinading g) trimming h) cutting <ul style="list-style-type: none"> - portion - dice i) stuffing/filling j) tunnelling (bones) k) chining l) ballotine <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC1/10	Cook and finish complex fish dishes
<p>What you must DO for Element 3FC1/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC1/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least two from fish <ul style="list-style-type: none"> a) white fish – round b) white fish – flat c) oily • at least five from cooking by <ul style="list-style-type: none"> a) frying <ul style="list-style-type: none"> - deep - shallow b) grilling c) en papillotte d) baking e) steaming f) poaching <ul style="list-style-type: none"> - deep - shallow g) combining cooking methods • at least two from finishing by <ul style="list-style-type: none"> a) coating with a sauce b) dressing c) garnishing <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC2/10	Cook and finish complex shellfish dishes
<p>What you must DO for 3FC2/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC2/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least five from shellfish <ul style="list-style-type: none"> a) oysters b) prawns/shrimps c) langoustines d) lobster/crawfish e) crayfish f) scamp/Dublin Bay prawns g) mussels h) scallops i) crabs j) cockles (fresh)/clams • at least five from cooking by <ul style="list-style-type: none"> a) boiling b) steaming c) sautéing d) grilling e) baking f) frying <ul style="list-style-type: none"> - deep - shallow g) stewing h) en papillotte i) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC3/10	Cook and finish complex meat dishes
<p>What you must DO for 3FC3/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC3/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • both from meat <ul style="list-style-type: none"> a) red b) white • at least four from cooking by <ul style="list-style-type: none"> a) grilling (over fire and under fire) b) frying <ul style="list-style-type: none"> - deep - shallow - stir c) boiling d) braising e) steaming f) stewing g) roasting h) pot roasting i) sous Vide j) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC4/10	Cook and finish complex poultry dishes
<p>What you must DO for 3FC4/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC4/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least three from poultry <ul style="list-style-type: none"> a) duck b) guinea fowl c) goose d) chicken e) turkey • at least five from cooking by <ul style="list-style-type: none"> a) grilling/griddling b) sautéing c) roasting d) combination e) poaching f) pot roasting g) frying <ul style="list-style-type: none"> - stir - deep - shallow h) baking i) steaming j) en papillotte k) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC5/10	Cook and finish complex game dishes
<p>What you must DO for 3FC5/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC5/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least two from game <ul style="list-style-type: none"> a) furred b) feathered • at least three from cooking by <ul style="list-style-type: none"> a) sautéing b) roasting c) pot roasting d) braising e) stewing f) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FC6/10	Cook and finish complex vegetable dishes
<p>What you must DO for 3FC6/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FC6/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least eight from vegetables <ul style="list-style-type: none"> a) roots b) bulbs c) flower heads d) fungi e) seeds and pods f) tubers g) leaves h) stems i) vegetable fruits • at least seven from cooking by <ul style="list-style-type: none"> a) blanching b) boiling c) roasting d) baking e) grilling f) braising g) frying <ul style="list-style-type: none"> - shallow - deep - stir h) Steaming i) Stewing j) Combining cooking methods • at least four from other ingredients <ul style="list-style-type: none"> a) nuts b) meat substitutes c) pulses d) pastry e) rice f) pasta <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC1/10	Prepare, cook and finish complex hot sauces
<p>What you must DO for 3FPC1/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FPC1/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • all from preparation and cooking methods <ul style="list-style-type: none"> a) weighing/measuring b) chopping c) simmering d) reducing e) boiling f) make roux g) passing/straining/blending h) skimming i) whisking <p>Candidates must demonstrate through performance that they can make the following sauces:</p> <ul style="list-style-type: none"> • compound butter sauce • derivatives of white and brown sauce • emulsified sauces • cream thickened sauce

Unit 3FPC2/10	Prepare, cook and finish complex soups
<p>What you must DO for 3FPC2/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FPC2/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least nine from preparation, cooking and finishing methods <ul style="list-style-type: none"> a) weighing/measuring b) chopping c) simmering d) clarifying e) boiling f) whisking g) passing/straining h) skimming i) chilling j) liaison with garnish <p>Candidates must demonstrate through performance that they can make the following soups:</p> <ul style="list-style-type: none"> • consommé • bisque • cold soup • velouté <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC3/10	Prepare, cook and finish fresh pasta dishes
What you must DO for 3FPC3/10	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC3/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • both from pasta <ul style="list-style-type: none"> a) filled pasta b) unfilled pasta • all from preparation and cooking methods <ul style="list-style-type: none"> a) weighing/measuring b) sieving c) pulling/kneading d) resting e) rolling f) portioning g) boiling h) baking i) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC4/10	Prepare, cook and finish complex bread and dough products
What you must DO for 3FPC4/10	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC4/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • all from bread and dough <ul style="list-style-type: none"> a) enriched dough b) laminated dough c) bread dough • at least nine from preparation and cooking methods <ul style="list-style-type: none"> a) weighing/measuring b) sieving c) mixing/kneading d) proving e) knocking back f) shaping g) laminating h) folding i) baking j) frying <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC5/10	Prepare, cook and finish complex cakes, sponges, biscuits and scones
<p>What you must DO for Element 3FPC5/10</p>	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FPC5/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least fifteen from preparation, cooking and finishing methods <ul style="list-style-type: none"> a) weighing/measuring b) creaming/beating c) whisking d) folding e) rubbing in f) greasing g) glazing h) portioning i) pipng j) shaping k) filling l) rolling m) lining n) trimming/icing o) spreading/smoothing p) kneading q) proving r) dusting/dredging/sprinkling s) mixing t) stacking u) coating v) slicing w) baking <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC6/10	Prepare, cook and finish complex pastry products
What you must DO for 3FPC6/10	<p>The assessor <u>must</u> assess statements 1-8 by directly observing the candidate's work.</p> <p>The assessor may assess statement/assessment criteria 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC6/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least six from pastry product <ul style="list-style-type: none"> a) short b) sweet c) suet d) choux e) puff/flaky f) sable g) convenience h) hot water paste • at least twelve from preparation and cooking methods • <ul style="list-style-type: none"> a) weighing/measuring b) sifting c) rubbing in d) creaming e) kneading f) resting g) aerating h) conditioning/chilling i) piping j) laminating k) rolling l) folding m) lining/moulding n) trimming o) baking p) combining cooking methods <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC7/10	Prepare, process and finish complex chocolate products
What you must DO for 3FPC7/10	The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.
What you must COVER for 3FPC7/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • all from chocolate <ul style="list-style-type: none"> a) plain chocolate b) white chocolate c) milk chocolate • at least eight from preparation and processing methods <ul style="list-style-type: none"> a) rolling b) mixing c) drying d) manipulating e) blending colour and flavour f) cutting g) spreading h) melting i) tempering j) modelling <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC8/10	Prepare, process and finish marzipan, pastillage and sugar products
What you must DO for 3FPC8/10	The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.
What you must COVER for 3FPC8/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least seven from pastillage and sugar <ul style="list-style-type: none"> a) sugar pasge/cover paste b) marzipan c) pastillage d) royal icing e) spun sugar f) dipped fruit g) Italian meringue h) fudge i) poured sugar j) rock sugar • at least nine from preparation and processing methods <ul style="list-style-type: none"> a) boiling b) dipping c) moulding d) pouring e) rolling f) mixing g) drying h) pipng i) pulling j) manipulating k) blending (colour and flavour) l) cutting m) spreading n) spinning <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC9/10	Prepare, cook and present complex cold products
What you must DO for 3FPC9/10	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC9/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least sixteen from complex cold products <ul style="list-style-type: none"> a) cooked red meat b) cooked white meat c) joints of meat d) cooked poultry e) salads f) vegetables and fruit g) eggs h) farinaceous products i) fish (whole and portioned) j) game k) dairy products l) fungi m) rice n) pulses o) terrines p) pâté q) smoked items r) mousses s) cold savoury/buffet appetisers • at least eleven from preparation, cooking and finishing methods <ul style="list-style-type: none"> a) boiling b) roasting c) combination cooking methods d) poaching (shallow and deep) e) baking f) steaming g) pressing and reforming h) shaping and moulding i) filleting j) de-boning k) skinning and trimming l) blending/liquidising m) rolling n) carving o) trussing and tying p) mincing and processing q) sieving

Unit 3FPC9/10	Prepare, cook and present complex cold products
	Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.

Unit 3FPC10/10	Prepare, finish and present canapés and cocktail products
What you must DO for 3FPC10/10	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC10/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least four from canapés and cocktails <ul style="list-style-type: none"> a) canapés b) filled short pastry items c) filled puff pastry items d) filled choux items e) cocktail brochettes f) bouchées • at least seven from preparation, cooking and finishing methods <ul style="list-style-type: none"> a) baking b) slicing c) filling d) pouring e) mixing f) chilling g) cutting h) piping i) spreading j) skewering <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC11/10	Prepare, cook and finish dressings and cold sauces
What you must DO for Element 3FPC11/10	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>The assessor may assess statement 7 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for Element 3FPC11/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least eight from preparation and cooking methods <ul style="list-style-type: none"> a) weighing and measuring b) boiling c) simmering d) reducing e) chopping f) whisking g) blanching h) sieving/stirring i) liquidising/blending j) emulsifying k) processing <p>Candidates must demonstrate through performance that they can make at least five of the following sauces:</p> <ul style="list-style-type: none"> • derivative of mayonnaise • coulis • egg and oil emulsion • flavoured oil based dressing • sour cream/yoghurt based • fruit/vegetable thickened – e.g. dips <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC12/10	Prepare and cook complex hot desserts
What you must DO for 3FPC12/10	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must COVER for 3FPC12/10	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least three from desserts <ul style="list-style-type: none"> a) hot soufflés b) paste based c) fruit based desserts d) sponge based desserts • at least five from preparation methods <ul style="list-style-type: none"> a) creaming b) folding c) aeration d) use of moulds e) incorporating fat f) separation/combining of colours/flavours/ingredients • at least four from cooking methods <ul style="list-style-type: none"> a) steaming b) deep fat frying c) bain marie d) baking e) microwaving • at least five from finishing methods <ul style="list-style-type: none"> a) gratinate b) cooling c) piping d) de-moulding e) glazing f) portioning <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

Unit 3FPC13/10	Prepare, cook and finish complex cold desserts
<p>What you must DO for 3FPC13/10</p>	<p>The assessor <u>must</u> assess statements 1-7 by directly observing the candidate's work.</p> <p>For statement 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FPC13/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least four from desserts <ul style="list-style-type: none"> a) egg based set b) mousses/cold soufflés c) meringue based d) cheesecake e) paste based goods f) fruit/crème bavaois g) ice cream based/sorbet based • at least five from preparation methods <ul style="list-style-type: none"> a) creaming b) aeration c) combining d) sieving/passing e) pureeing f) folding g) addition of colours/flavours h) straining • at least two from cooking methods <ul style="list-style-type: none"> a) poaching b) baking c) boiling d) steaming • at least three from processing methods <ul style="list-style-type: none"> a) de-moulding b) freezing c) refrigeration d) chilling • at least five from finishing methods <ul style="list-style-type: none"> a) cooling b) stacking c) glazing d) filling e) portioning f) cutting g) piping

Unit 3FPC13/10	Prepare, cook and finish complex cold desserts
	Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.

Unit 3FPC14/10	Produce sauces, fillings and coatings for complex desserts
<p>What you must DO for 3FPC14/10</p>	<p>The assessor <u>must</u> assess statements 1-6 by directly observing the candidate's work.</p> <p>For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding or serving) but must observe the other.</p> <p>The assessor may assess statement 8 through questioning or witness testimony if no naturally occurring evidence is available.</p>
<p>What you must COVER for 3FPC14/10</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> • at least eight from sauces, fillings and coatings <ul style="list-style-type: none"> a) crème anglaise b) sabayon c) fruit coulis d) ganache e) crème chantilly f) preserves g) fruit flazes h) crème patisserie i) syrups j) butter cream k) royal icing l) jams m) sugar glazes • at least four from preparation methods <ul style="list-style-type: none"> a) mixing b) whisking c) boiling d) separating e) creaming • at least five from processing methods <ul style="list-style-type: none"> a) reducing b) liquidising c) blending d) addition of colouring e) emulsifying f) addition of flavouring <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

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